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## OPPO R7 PLUS

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## REVIEWED

- Canon PowerShot SX610 HS
- Starmobile Knight Elite
- Sapphire Nitro R7 370 4GB
- AMD A8-7670K
- Motorola Moto E (2nd Gen) LTE
- HP Elitebook 1020
- Apple Watch
- Toyota Yaris 1.3 E A/T
- Honda HR-V 1.8 E CVT

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# CURVES



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GEARING UP  
FOR FITNESS



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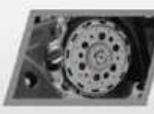
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**MARIBELLE M. ALBA**  
**PUBLISHER /**  
**EDITOR-IN-CHIEF**

The quintessential gadgets girl who loves all things Mac, red, and blingy. She's also recently taken a liking to Windows phones. What's in her bag? Lots of wires and cords, several external drives, and power banks. Hide your flash drives, though, they disappear around her. [@bellealba](#)

**MIKA FERNANDEZ-DAVID**  
**ASSISTANT PUBLISHER/**  
**MOTORING EDITOR**

Loves family, food, photography, travel, gadgets, office equipment, notebooks & pens, the beach, roadtrips, cooking, foreign supermarkets, coffee, crazy friends, and food trips in the guise of photoshoots. Not necessarily in that order. [@iamsilvymama](#)



**PRESY ALBA**  
**EDITOR-AT-LARGE**

Websites, anything and everything Apple, power tools and unusual gadgets excite her. She also loves to travel, go on food trips, and try out all the new things. [@presy1121](#)



**REN ALCANTARA**  
**ASSOCIATE EDITOR**

Ren likes puppies, long walks in the park, and zombies. His idea of a perfect day would be a long walk in the park, with a puppy, during a zombie apocalypse.

[@hisnameisren](#)



**MIA CARISSE BARRIENTOS**  
**STAFF WRITER**

A bibliophile who reads fiction, dystopian, chick-lit, to just plainly weird novels in paperback or eBooks. Fascinated with gadgets and speaks fangirl lexicon and gibberish.

[@miaissocoollike](#)



**CHRIS NOEL HIDALGO**  
**STAFF WRITER**

A gamer and net lurker through and through. He'll tell you he's sleeping already when he's actually up until sunrise, abusing the WASD keys on his keyboard. [@cnnhidalgo](#)



**BENEDICT ASAL**  
**GRAPHIC ARTIST**

He likes going out with friends, meeting new ones, playing Marvel and Tekken games at the arcade, listening to music, and playing on his keyboard and guitar. [@benedict\\_asal](#)



**EM LUZ**  
**GRAPHIC ARTIST**

"Uughuughhhghghhhghh  
awwwggggghh  
ughguughhhghghhhghh wuh  
huuguughgh uughhhhhgh  
aguhwwggggghh"

[@emnluz](#)



**TERESA ELORIAGA**  
**GRAPHIC ARTIST**

An introvert with a happy soul who loves food and cats more than life. [@theresaeloriaga](#)



**JONAH MENDOZA**  
**CONTRIBUTOR**

Born to conquer everything that life throws at her. Determined individual but with a feather-like heart. Sweetest girl when it comes to the people that she loves. Currently facing the greatest challenge of her life - she will prevail. [@jonahmendoza](#)



**JOSE ALVAREZ**  
**CONTRIBUTOR**

You'll never find Jose without a controller in his hand—in fact, the WASD keys on his keyboard have been worn out over the years. Aside from games, he also religiously follows several sports, especially soccer, and always has a joke ready to lighten any mood and put a smile on someone's face. [@awperative](#)



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As the year winds down, our minds turn to the inevitable holiday feasting that is only months away. Before we succumb to the pressure of the holidays, let's give our figures one last push, so we'll be in reasonable shape, even after the feasting has happened. This month, we're looking at wellness and the different ways we can stay fit and healthy. Whether on the ground, in the air, or under the waves, technology has seen to it that we have gadgets and gear to keep us company, and make sure we're getting the most from our workouts. Serving as our fitspiration this issue is the absolutely stunning Breanna Espina who knocked us out with her killer looks. Lace up your shoes, get your workout playlist going, and let's head out for some fun!

OUTFIT BY Saucony  
SHOES BY Saucony  
PHOTOGRAPHY BY Dookie Ducay  
HAIR AND MAKE UP BY Patricia Aquino  
ART DIRECTION BY Benedict Asal  
STYLING BY Emman Luz  
ASSISTED BY Jonah Mendoza  
MODEL: Breanna Espina of Prima Stella MGT



**PRESIDENT & CEO**  
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**PR & MARKETING STAFF**

Maribelle Alba  
Mika Fernandez-David  
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**SALES MANAGER**  
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Marisa Consuelo  
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Tess Pascua  
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**HR & ADMIN MANAGER**  
**ADMINISTRATION STAFF**

Amy Christine Giray  
Ramil Almojano  
Clifford Dela Paz

**LEGAL COUNSEL**

Alba Law Office

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your health app



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## Fuji Xerox DocuPrint P225 d ▲

### Printer

When paperwork needs to be done, a reliable printer will make all the difference between meeting and missing a deadline. The Fuji Xerox DocuPrint P225 d sees to it that you're on the good part of that equation with its less than 8.5 seconds monochrome first page out time and up to 26 page per minute production of its 2400 x 600dpi prints. Also helping you save time are separate toner and drum cartridges which are easily replaceable, and helping you save your cash is its toner save mode which varies toner density throughout the page. Just plug the P225 d in to your network and you'll be pushing documents like nobody's business.



## Fuji Xerox DocuPrint M265 z ▼

### Printer

The Fuji Xerox DocuPrint M265 z duplex multifunction laser printer promises to be the best complement to any working environment that needs a fast and reliable paper pusher. It's able to output 2400 x 600dpi monochrome prints at up to 30 pages per minute. The print, copy, scan, and fax functions are fueled by separate toner and drum cartridges for longevity and ease of use; while cost savings are driven further by a toner save mode. Lastly, if the 2.7-inch color touch screen display is not a convenient enough interfacing method for you, the M265 z also comes with Wi-Fi Direct certification so you can easily print documents straight from your mobile devices.



## ◀ Happy Mobile Dream Pro Smartphone

Looking for a smartphone that's gorgeous, capable, and affordable? Your dreams have just come true. The Happy Mobile Dream Pro is a gorgeous 5.5-inch Android phone that has a capable 1.4GHz quad-core processor paired with 1GB of RAM and 8GB of storage. Camera duties are handled by an 8MP main camera, and a 2MP front. It puts design at a premium, with elegant lines, and a beautiful gold finish, without a harsh price tag.

**PHP 6,299**

## Pioneer HDJ-700► Headphones

Bop your head to the latest dance craze with the Pioneer HDJ-700. This pair of cans features optimized audio circuitry, narrow ear pads, 40mm drivers with rare-earth magnets, a thick 19 $\mu$ m diaphragm, and a copper-clad aluminum wire voice coil for accurate reproduction of bass, kicks, and snares. The monitor's periphery, including the replaceable cable, ear cups, and aluminum hinges, are all ruggedized to be able to stand up to life in a mosh pit, and are also guaranteed comfortable to wear for long periods. The HDJ-700 is available in four color palettes—matte black, matte black with a gold or red stripe, and cool white—to match your own distinct style.





## Huawei Talkband B2 ▲

Smart Band

This stylish next generation device brings together the convenience of a Bluetooth earpiece and the functionality of a fitness tracker in one elegant design. The Talkband B2 sports a 0.73-inch, 128 x 88-pixel, mono PMOLED touchscreen through which you swipe your finger to cycle through the various modes—time/date, steps taken, sleep time, and calories burned. An innovative 6-axis motion sensor automatically detects different activities. You can sync the data with your smartphone and share your numbers with friends on social networks. To use it as a Bluetooth earpiece, you simply detach it from the band to answer a call. It vibrates when there is an incoming call, and also shows the name/number of the caller. It can be paired to two devices. Battery performance supports up to 6 hours continuous talk time and 12 days of standby time. It comes in two variants, the Talkband B2 Sport Edition in black or white and a TPU watchband; and the Executive Edition in gold with a luxurious brown leather strap.

**PHP 6,990 (Sport Edition)**  
**PHP 7,990 (Executive Edition)**



## ◀Under Armour Curry Two Basketball Shoes

Want to feel what it's like to be in NBA superstar Stephen Curry's shoes? Now you can with Under Armour's Curry Two! This basketball shoe is the first in the market to feature a full-length Charged Cushioning midsole unit and a UA SpeedForm seamless upper guaranteeing breathable comfort and durable support to up one's game. The precision fit of UA SpeedForm technology and adaptive responsive nature of Charged Cushioning provides the player free range of motion and strategic stability so he can stop and go, cut, and change speed without restrictions. Moreover, this looker features external heel counter locks, rubber outsole, high abrasion skin, and external shanks all making for a footwear with real innovation that works.



## ►Razer Orochi

### Gaming Mouse

The words “wireless” and “gaming mouse” don’t always go together, but Razer’s made them play nice, giving us the newest Orochi—a Bluetooth- and wire-compatible mouse perfect for those on the go. Improvements include rubberized side grips; an even better 4G, 8200dpi laser sensor for maximum precision; movement tracking of up to 210 inches per second with 50G acceleration; 125Hz (wireless) and 1000Hz (wired) polling rate; and a battery good for up to 60 hours of continuous use. The Orochi also looks smexy with Razer Synapse-enabled Chroma lighting bathing its seven buttons with 16.8 million color options. With this on hand, whoever’s in the middle of your crosshair might as well just rage quit.

## Lenovo Phab Plus ►

### Smartphone

The first of Lenovo’s Phab series, this 6.8-incher is perfect for those who just can’t choose between a smartphone and a tablet. This premium phablet, though large in size, has been conveniently optimized for single-hand use, so you still have a free hand for doing other tasks while scrolling through your social media feeds. Users just have to double-tap to turn on the screen and to prompt a one-hand keyboard that shrinks and snaps to their hand position. For your connectivity needs, the Phab Plus offers dual-SIM slots and 4G support guaranteeing you ultra-fast internet speeds and the practicality of dual-network access in one phone. Right out of the box, this phablet runs Android 5.0 Lollipop overlaid with Lenovo’s very own UI. To satisfy your inner shutterbug, you have a 13MP rear and 5MP front shutters with various features such as a Panorama Selfie function, dual-LED flash, low-light settings, and Smart tool for capturing photos sure to make everyone hit the like button. Right after, you can view your snaps on its 6.8-inch full HD display sporting a crisp 326ppi resolution. Complementing its stunning display are integrated speakers built with Dolby Atmos technology for a multimedia experience like no other. Powering this phablet is a speedy Qualcomm Snapdragon 615 octa-core processor paired with 2GB of RAM and a 3500mAh battery giving you at least a whole day of entertainment and productivity on the go. The Phab plus is available in gunmetal grey and champagne gold.

**PHP 14,999**



## National Geographic Earth Explorer Collection►

### Bags

When you're carrying your camera, accessories, laptop, smartphone, and other pricy investments with you, a trusty bag could spell the difference between functioning gadgets and overpriced bricks. The new Earth Explorer Collection promises to safeguard your gizmos with its dedicated and padded pouches, solid build quality, and elegant design worthy of bearing the famous rectangular marque. It's made from environment-friendly components such as hemp and cotton, with the usual plastic fastenings replaced with brass buckles—all reflecting the brand's commitment to conservation. Most importantly, it's National Geographic approved so it's sure to hold up whether in the concrete or African jungle.



## Manfrotto Off Road Monopod►

### Monopod-Walking Sticks

What do you do when you need to go to a photoshoot out in the middle of nowhere but don't have bag room for a separate camera support *and* walking sticks? Compromise? You won't be facing that problem anymore with the Manfrotto Off Road. Ridiculously light yet durable and comfy with its aluminum build, hand grips, and wrist straps, the Off Road allows you steady purchase on all kinds of terrain thanks to its 23.4- to 52.1-inch length. One of the sticks features a camera attachment up top easily giving you a monopod that can handle up to 5.51kgs of payload. It's a really clever accessory outdoor photographers should readily have in their arsenal.



## Canon Powershot SX610 HS ▶

### Digital Camera

If your smartphone camera cannot satisfy the shutterbug in you, you can opt for a dedicated snapper that's compact and can produce high quality images. That's just what the Canon Powershot SX610 brings to the table. With a 20.2MP image sensor, 18x optical zoom lens, Wi-Fi and NFC connectivity, and a zippy DIGIC4+ image processor all in one svelte and compact body, you won't be looking anywhere else.

**PHP 11,998**



## ◀ Sony Xperia M4 Aqua

### Smartphone

Look! A mermaid! No, it's a mer-phone! The Sony Xperia M4 Aqua is a completely water-submersible phone without the unsightly flaps and covers. Sporting an IP65/68 rating, you can be sure that this phone can take the plunge and surface like nothing happened. Apart from an extremely solid build, you have a speedy 64-bit octa-core processor, 2GB RAM, and two powerful cameras—13MP rear- and 5MP front-facing snappers—all in one fine-looking 5-inch smartphone. Add to that, the Xperia M4 Aqua runs the latest Android 5.0 Lollipop out of the box and comes with NFC connectivity for sharing moments instantly.

## Oppo R7 Lite ▶

### Smartphone

The Oppo R7 Lite is proof that a premium phone doesn't necessarily have to come with a wallet-breaking price that will have you living out of its box. The R7 Plus' smaller brother in the lineup, the R7 Lite struts a 1.3GHz octa-core processor, 2GB of RAM, 16GB of expandable memory, 2320mAh battery, 5-inch HD display, 13MP and 8MP shooters, and a full-metal unibody design. Even after all those, it was still able to keep the retail tag surprisingly low. The icing on this cake is the incorporation of an isocell sensor and Phase Detection AF on the rear camera; Qualcomm Quick Charge for speedy power top-ups; and the optimized Lollipop-based ColorOS 2.1 for snappy performance no matter the workload.

**PHP 13,990**



## ◀ Oppo R7 Plus

### Smartphone

The Oppo R7 Plus combines premium feel, powerful performance, and intuitive features in a package that's impressive to say the least. Underneath its magnesium-aluminum unibody is a 1.5GHz octa-core processor, 3GB RAM, 32GB expandable storage, and a 4100mAh battery which is VOOC Flash Charge compatible. There's an 8MP shooter up front, and the 13MP rear camera is built around an RGBW sensor allowing 32-percent higher light sensitivity and 78-percent noise reduction. It also struts a laser autofocus system allowing it to lock in on a subject in less than a third of a second. Meanwhile, security detail is via a fingerprint sensor below the rear camera system. Lastly, the 6-inch FHD display brings Oppo's take on Android 5.1 Lollipop, ColorOS 2.1, to life, promising users a hassle-free experience across the board.

**PHP 21,990**



## LG Turbowashers ▲

### Washing Machines

Spending a lot of time and effort in doing laundry can now be avoided with LG's washing machines. Built with TurboWash and TurboShot technologies, these washers can help you clean your clothes fast and easy. LG's revolutionary TurboWash Front Load washers reduce washing time on each large load of laundry without compromising cleaning performance. With its 3-Way TurboWash feature, what normally takes almost an hour to finish can be done in as fast as 45 minutes. In speed washing mode, it can take as fast as 15 minutes to finish a standard one kilogram laundry load. On the other hand, LG's Top Load washers powered by TurboShot technology enable superior washing and rinsing and hygienic tub clean. LG's TurboShot technology uses a rapid drum motion and waterfall-like jets to penetrate deep into fabrics and dissolve detergent more efficiently, which in turn removes tough stains faster while saving on energy and water. What's more, LG's TurboWash and TurboShot models feature 6 Motion Direct Drive (6 Motion DD) capability that washes your clothes with more care and movement—the closest you can get to hand washing.

## SanDisk Extreme 900►

### Portable SSD

Blaze through long transfer times with the Extreme 900 from SanDisk. It features read and write speeds of up to 850MB/s—9x faster than most platter drives—thanks to its USB 3.1 Gen 2 interface, all the while being available in three huge storage capacities to sate even the most needy users. Its solid state memory is housed in an elegant aluminum exterior that's temperature and impact-resistant in case of any accidental slips. Meanwhile, your data is safeguarded by SanDisk's Secure Access encryption system and three years limited warranty. Blink and you'll literally miss that pesky file transfer window.

**PHP 29,000 (480GB)**

**PHP 43,500 (960GB)**

**PHP 72,500 (1.92TB)**



## ◀SanDisk Extreme 500

### Portable SSD

Waiting for your gigabytes worth of pictures and videos to finish copying to your external drive is as entertaining as watching paint dry. Suffer through the idle time no more with the SanDisk Extreme 500. This smaller-than-your-smartphone portable SSD features USB 3.0 transfer speeds of up to 415MB/s, leaving most other on-the-go storage solutions in the dust. Already guaranteed long-lasting because it has no moving parts, this solid state drive is made tougher by a body that's shock and vibration proof, not to mention that it's cool and quiet even under stress. All in all, this is one fast puppy.

**PHP 7,250 (120GB)**

**PHP 10,850 (240GB)**

**PHP 18,000 (480GB)**

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**REAR BRAKE LOCK  
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**CENTRALIZED  
LOCKING SYSTEM**



Actual colors of promo items may  
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Promo Duration: August 21, 2015 - December 31, 2015  
Per DTI IV-A Permit No.: 08-334 Series of 2015



## ◀ JBL Pulse 2

### Bluetooth Speakers

The latest iteration of the JBL Pulse is a splash-proof, wireless speaker that sports the famous captivating light display feature of its predecessor. Push play and you'll be greeted with sensational sound accompanied by synchronized flashes of vivid, full-color light, pumping energy into any occasion. The JBL Prism color sensor lens matches and reflects any color it's pointed at, further amplifying the LED lightshow experience. Apart from this unique feature, the Pulse 2 also produces high-quality stereo sound for up to 10 hours. It also features a noise- and echo-cancelling speakerphone, JBL Connect technology to wirelessly link multiple JBL Connect-enabled speakers together, and can be further customized via the JBL Connect app.

**PHP 9,995**



## JBL Xtreme ▲

### Bluetooth Speakers

Nothing can be more extreme than a speaker that is splash-proof and can blast crisp tunes even outdoors. Living up to its name, the JBL Xtreme is one great speaker that's definitely a match for music-loving thrill-seekers. Built with a rugged form factor, this speaker is not just tough on the outside, it's also a powerful beast on the inside with four active transducers and two bass radiators that guarantees a powerful sound output, wherever. The JBL Xtreme also sports noise- and echo-cancelling features for crystal clear calls, while JBL Connect technology can wirelessly link multiple JBL Connect-enabled speakers together to amplify the listening experience. On top of that, you also have a rechargeable li-ion battery for up to 15 hours of playtime, dual USB ports, Bluetooth, and splashproof design for music sure to fuel boundless adventures.

**PHP 15,995**

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**GIXXER**  
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## POWERFUL 155cc SUZUKI ENGINE

with Suzuki Eco Performance to deliver a smooth running condition at low fuel consumption.



### DUAL-TYPE EXHAUST MUFFLER



Dual-outlet muffler (first in Suzuki's small motorcycles) is designed for high exhaust efficiency

### MONO-SHOCK SUSPENSION



Mono-shock rear suspension for better riding comfort and handling stability.

### FULL-DIGITAL INSTRUMENT PANEL



Flat panel design looks like a smartphone. Engine RPM indicator is the same Hayabusa and GSX-R1000 in specification.



## Fujifilm X-A2 ▶

Mirrorless Camera

If you are a self-confessed social media shutterbug—documenting your everyday activities and posting it online—this stylish camera might just be for you. Be it for self-portraits, landscapes, macro shots, low-light, or flash photography, the Fujifilm X-A2 is a more than capable camera that allows you to capture just about anything perfectly with superb image quality. It's the first X Series model to feature an LCD screen that flips up to 175 degrees, making it easier to take selfies. It also comes with a wide-angle kit lens that enables you to include scenic backgrounds in the shot and take groupies. Add to that, it comes with 16.3MP sensor, eye detection AF, and Portrait Enhancer mode that makes skin appear brighter. And when you're ready to share your photos, you can easily select up to 30 images in your camera and transfer them to your smartphone, without wires, for quick posting.

**PHP 27,990 (XC15-50mm)**

**PHP 36,990 (XC16-50mm & 50-230mm)**



## Fujifilm X-T10 ▶

Mirrorless Camera

The Fujifilm X-T10 is for the snap-happy jetsetter. Apart from a good-looking modern-retro design, the X-T10 comes equipped with a new autofocus system for quick focusing speeds and capturing moving subjects. It boasts a 16MP APS-C X-Trans CMOS II image processor that enables it to shoot at 8 frames per second in burst mode, and record videos in 1080p full HD at 60fps. Complementing its powerful hardware are Film Simulation settings that allow you to brilliantly capture images from your picture-perfect vacation without the need for photo editing, the results of which you can view on a built-in three-inch 920K-dot display you can tilt up and down. Plus, it has plenty of manual settings that allow you to find the perfect one for your shooting conditions, and Wi-Fi plus iOS and Android connectivity for controlling the camera from afar and uploading your photos on the fly. You can also upgrade and get the most from your Fujifilm X-T10 with a wide selection of Fujinon interchangeable lenses.

**PHP 40,990 (Body only)**

**PHP 45,990 (XC16-50mm)**

**PHP 49,990 (XF27mm)**

**PHP 56,990 (XF18-55mm)**

## iPad Pro ▶

### Tablet

Ever encounter a device as fast and powerful as a PC, but lightweight and handy? Well, here it is: Apple's latest iPad, the iPad Pro. It runs on an A9X chip, making it 80-percent faster compared to other similar devices in the market. Write in style with the iPad Pro using the latest Apple Pencil that works as a stylus which lasts an hour, and can be charged via the tablet. Doing business work and creating documents are hassle-free with its added accessory, the smart keyboard, which connects via magnetic connection. Enjoy movie binging and music with its four built-in speakers. Store all of your files, music, apps and games with memory from 32GB to 128GB. The iPad Pro is available in silver, gold, and space grey.



## ◀Belkin Road Rockstar

### 4-Port Passenger Car Charger

Bored to death? Can't call your special someone? Lost in the road? These are all problems of the past. Stay connected and charge on the go with the Belkin Road Rockstar 4-Port Passenger Car Charger. This multi-functional car charger can accommodate and charge up to four devices simultaneously in its USB ports. With its 6ft cable, backseat passengers can easily access their devices while charging. Long roadtrips and short city drives are made easy since it is compatible with most cars. It is available at all A Shop branches nationwide.

**PHP 2,490**



# Canon PowerShot SX610 HS

Reviewed by Mia Carisse Barrientos

**Amid all the present smartphone camera innovations, DSLR cameras remain undisputed when it comes to quality image quality, though lugging snappers as bulky as DSLRs during commutes may be a bit of a hassle. This is where handy but capable dedicated point-and-shoot cameras come in.**

## DESIGN ★★★★☆

When the Canon Powershot SX610 HS came to the office, we were more than delighted to give it a spin. The unit we tested came in black and is likely to receive positive comments because of its svelte form factor.

The SX610 HS is slim and compact making it easy to stow in the bag or pocket, though only if said pocket belongs to a loose pair of pants. The chassis is a combination of metal and plastic making it feel solid in the hand. As it is small and lightweight, you might want to attach the included hand strap to the eyelet on the side for added security. Thanks to its ergonomic design, it feels comfortable to hold and you can singlehandedly tinker with controls while fixing the subject with the available free hand.

Up front is the Canon emblem accompanied by its 18X zoom lens. On the top plate are the on/off, shutter button, zoom rocker, and pop-up flash. Turn it on its back and you have a 3-inch screen, auto/creative shot/hybrid auto toggle switch, display, video recording, menu, and Wi-Fi buttons and four-way controller with func/set button in the middle. On the one side are the zoom release button and NFC tag while ports for A/V and HDMI jacks seated on the remaining side. Lastly, its bottom hosts an opening for tripod mounts and a slide cover that reveals the battery and SD card slots.

## HARDWARE ★★★★☆

As we've mentioned earlier, this Canon shooter boasts an 18x zoom lens placing it among the leagues of promising pocket superzooms. The

lens can cover a 25-450mm range, which I've tested to be competent in covering events that require supernatural arm lengths just to capture a photobomb-free shot.

Canon's rear display comes in at a generous 3 inches. There's nothing amazing about the LCD; it isn't touch-enabled and is a bit grainy on viewfinder mode, however, it becomes clear and sharp when viewing pictures.

The SX610 HS comes with built-in Wi-Fi and NFC. To be able to make the most of these functions, you must download the free *Canon Camera Connect* app available on iOS and Android. Pressing the Wi-Fi button launches the cam into a search for access points mode. Once you've got a network to connect to, it will command you to prompt the app on your mobile device and connect. The app allows you to transfer and view images on the camera and shoot images remotely, functions which I found very useful. You can also log and send image locations via the app. For the NFC function, you just have to hold your NFC-enabled device against the NFC tag on the camera and the *Camera Connect* app will start without the extra work.

## USER EXPERIENCE ★★★★☆

Just like any digital camera, using this shooter is as easy as ABC. Camera start up takes just about a second so you'll be shooting in no time. For the majority of the review, I was on Auto mode since I find it a bit of a hassle to adjust controls without physical buttons. Should you need to set the camera up manually according to your preference or shooting condition at hand, the many

## SPECIFICATIONS:

Sensor: 1/2.3-inch BSI CMOS 20.2MP  
 Lens: 18 x 25-450mm f/3.8  
 Processor: DIGIC 4+ with iSAPS technology  
 LCD Monitors: 3-inch TFT Color LCD  
 Sensitivity: Auto, ISO 80-3200  
 Flash: Built-in, Auto, Flash On, Slow Synchro, Flash off  
 Storage: SD Memory Card, SDHC Memory Card, SDXC Memory Card  
 Connectivity: Wi-Fi and NFC  
 Battery: Removable 1060mAh

## What's Hot:

- Compact and solid build
- Nifty 18x optical zoom
- Efficient Remote Shooting

## What's Not:

- Lack of control buttons
- Grainy display

adjustment settings (ISO, white balance, exposure) can be found on the display via a single push of the func/set button.

If you're into exploring effects and filters, Canon has it all figured out for you with the creative shot mode. This captures images and applies various artsy effects on it in one go.

For a compact camera, this superzoom renders excellent, vivid, crisp, and sharp photos even when fully zoomed in the subject. However, shooting images when the lens are fully zoomed in is quite complicated. It becomes shaky and focusing on the subject becomes rather finicky. On the other hand, macro shots come out stunning. The only issue I had with this camera is focusing on subjects. I figured, half-pressing the shutter does the trick, but it would take quite some getting used to.

Video recording on the other hand is in MP4 format and will yield 1080 full HD outputs. Its rechargeable 1060mAh battery is quite impressive, with a single charge lasting for days on moderate use.

## VALUE ★★★★☆

Though people would most likely opt for a smartphone rather than a dedicated point-and-shoot, this capable shooter dares to challenge the smartphone market with its impressive specs and affordable price tag. With Canon heritage backing it up along with an 18x zoom lens, 20MP images sensor, Wi-Fi and NFC connectivity, and various technologies, the Canon Powershot SX610 HS is one digital camera to look out for



## BOTTOMLINE

If you're in the market for a compact snapper, the Canon SX610 HS is a solid option.



# Starmobile Knight Elite

Reviewed by Ren Alcantara

**Here at Gadgets, we get our share of flagship devices. While it doesn't take a genius to weed out those that truly fit the title, a lot of them come with price tags that just put them out of reach of the average consumer. Starmobile hopes to change that with the Knight Elite. Does it have the stuff to make it worthy of flagship status? Let's find out.**

## DESIGN ★★★★★

There's something about a well-designed smartphone that really makes me stop and take notice. The Knight Elite is one of them. While it does have plastic in its construction, the Knight Elite has Gorilla Glass panels on the front and back of the device. This, coupled with the gold trim and clean white, make for a phone that really is quite nice to both look at and hold.

It's reasonably sized, and is wonderfully light without feeling like a toy. At 142 x 70.5 x 6.85mm, and 125g, it cuts quite a good profile. A nice combination of soft curves and hard lines, it's a phone that doesn't let you down in the design department.

## HARDWARE ★★★★★

The Starmobile Knight Elite has a Qualcomm Snapdragon 615 chipset, an octa-core processor with twin 1.0 and 1.5GHz quad-core processors, coupled with 2GB of RAM. It has dual-SIM connectivity, plus LTE for one line, and an Adreno 405 GPU. It might not be the most muscle-bound flagship out there, but it's certainly not something to disregard. In charge of photos is a 13MP main camera with auto-focus and flash, with a 5MP front camera for selfies and video calls. Powering all of this is a 2600mAh Lithium-Polymer battery.

## USER EXPERIENCE ★★★★★

First, and possibly my favorite thing about the Knight Elite, is the build. Gorilla Glass on the front and back, in a device like this goes a long way in making it feel like a flagship phone. It's also quite thin, which might make it difficult to hold for some, given that it's a little wide, but it's really nothing to be concerned about. The weight too is very pleasant. It's quite light, and disappears in your pocket. Since it's thin, the lack of weight doesn't make it feel hollow. You might be tricked into thinking it should weigh a bit more because of the



## SPECIFICATIONS:

OS: Android 5 Lollipop  
Processor: 1.5GHz quad + 1.0GHz quad-core ARM Cortex A3 (64-bit octa core)  
Storage: 16GB ROM, 32GB Micro SD Max Expansion (combo as Nano SIM slot)  
RAM: 2GB LPDDR3 RAM  
Screen: 5-inch IPS Multi-touch Capacitive Screen, JDI In-cell, Corning Gorilla Glass (front and back), FHD 1080x1920 (440ppi)  
SIM slots: Micro + Nano  
Qualcomm Snapdragon 615 MSM8939 Chipset  
Camera: 13MP AF BSI with flash rear, 5MP FF with flash front  
WiFi 802.11b/g/n, Bluetooth 4.0, FM Radio, GPS + A-GPS + GLONASS + BeiDou, OTA Updated  
GPU: Adreno 405  
Dimensions: 142 x 70.5 x 6.85mm, 125g  
Battery: 2600mAh Li-Po  
Connectivity: 2G, 3G, HSPA+, 4G LTE

## What's Hot:

- Eye-catching design
- Plain UI
- Superb price

## What's Not:

- May be difficult to handle for some

stay a little still to ensure you get the best result. Finally, it gives you Opti Zoom, which enhances the quality of digitally-zoomed snaps.

I appreciate the additional features very much, though I do feel that perhaps they could have simplified the camera interface a little bit. As it stands, there's quite a bit to dig through, and if you're in a hurry to get to a particular setting, you're likely to miss the shot.

Having two SIMs and LTE had me worried about the longevity of the Knight Elite. Fortunately, it seems my fears were mostly unfounded. Most days, the Knight Elite managed a full day, from unplugging in the morning, to getting back home in the evening. Tethering posed a bit of a problem at times, but either way, if you can find some time to plug in during the middle of the day, you'll be golden. There are far worse devices to have to force to survive 16 waking hours.

## VALUE ★★★★★

Here it is: an LTE flagship device, with a great design, and plenty of unique features. Now, for the price. If I were told that this costs somewhere in the five digits, say PHP 12,000, I wouldn't be surprised, and would think it to be a good deal. The thing is, it's PHP 9,990. Take a moment to let that sink in. It's a great device, with an even better price.



## BOTTOMLINE

Before you consider any other device, take a look at this one first. You might be pleasantly surprised.

# Sapphire Nitro R7 370 4GB

Reviewed by Chris Noel Hidalgo

If it ain't broke, then tweak a few variables, slap a new name on there, and call it a day—that seems to be what AMD has done with the Radeon R7 370, a refresh of the mid-range R9 270 card released almost two years ago. The newest R7 370 is priced against some proven contenders from the green team, so we tested its Sapphire Nitro 4GB iteration to see if it deserves the same "bang for the buck" tag.

## DESIGN ★★★★☆

Sapphire's take on the R7 370 looks very utilitarian to say the least, with almost no fancy and over the top design cues anywhere on its boxy body. While it lacks a back plate to protect the PCB, it does have a decent looking black plastic shroud accented with silver bits to safeguard the heatsink array as well as the RAM, voltage regulators, and GPU die.

Flip the card over and you'll be greeted by the matte black PCB; up top is the gold CrossFire finger; along the bottom is the PCIe connector; on the right edge is the 6-pin supplementary power port; and on the left are the exhaust and display outputs.

This card looks very clean save for the off-looking Nitro stickers on the fans. I wish they would have put the 6-pin connector at the top and not the side though. Plugging in the power cable adds a few significant centimeters to the overall length, posing a problem for those with smaller chassis.

## HARDWARE ★★★★☆

The R7 370 struts AMD's Trinidad Pro GPU, but while it's essentially a rebranded and slightly modified Curacao Pro from the R9 270 (which is another rebrand of the HD 7000 series' Pitcairn core), it still manages to consume 40W less TDP at 110W compared to its predecessor's 150W draw.

That energy efficiency is compounded by an intelligent fan control system wherein the two 9-bladed fans only spin when the card is under significant stress. This, along with the aluminum fins and dual copper coils which draw excess heat away from the GPU, should see to it that your card

### SPECIFICATIONS:

Stream Processors: 1024  
Core Speed: 1000MHz  
Boost Clock: 1050MHz  
VRAM: 4GB GDDR5  
Memory Speed: 1400MHz  
Memory Bus: 256-bit  
Memory Bandwidth: 179.2GB/s  
Power Requirement: 110W, 6-pin PCIe power connector required  
Output: Display Port, HDMI, dual link DVI-I, dual link DVI-D  
Others: CrossFire, EyeFinity, ZeroCore Power

### What's Hot:

- Straightforward design
- 4GB frame buffer for cheap

### What's Not:

- Graphics architecture at the end of its time

is running within acceptable temps at all times; not that it would face that much of an overheating problem. The 1000 to 1050MHz clock speeds as well as the 5600MHz effective speed of its 4GB memory buffer is decent but won't be enough to send the card into searing temperatures.

## USER EXPERIENCE ★★★★☆

Tom's Hardware puts the R7 370 in the same league as the two-year-old Nvidia GTX 760—the current card in my personal rig. I was expecting more or less the same performance between the two, and I was spot on. The benchmarks were done with the card paired with an Intel Core i5-4460 and 8GB of RAM, all at stock clocks, and all at 900p.

In *Unigine Valley*, the Nitro R7 370 notched a score of 1528 on the Extreme preset with x8 AA, no doubt being helped along by the generous 4GB of frame buffer. It averaged 36.5 fps as it reached a best 107.1 fps and a worst 20.6 fps in the utility.

As expected, it blazed through older games such as *Batman: Arkham Asylum*, *Batman: Arkham City*, and *The Witcher 1 and 2: Assassins of Kings*. It was able to churn out more than 30 frames per second at maximum settings across all the titles above, albeit without anti-aliasing and tessellation.

Meanwhile, playing *NBA 2K15* at maximum settings and 8x AA, the card averaged 84fps, but that really speaks to how well the game and drivers are optimized. Finally, in *Middle Earth: Shadow of Mordor* with everything maxed out (only FXAA though), the R7 370 averaged around 45 fps while keeping frames over 30.

Sapphire's Nitro fans did a decent enough job keeping the card tame. The cooling system was able to keep the card to a maximum 73°C at *Shadow of Mordor*, way below the alarming 80°C mark. Because I maxed out most of the graphical settings while playing at a relatively low resolution, GPU utilization was at a constant 100-percent. If you bump up resolution to 1080p or 4K, the frame rate stutter will get to you way before the GPU maxes itself out.

## VALUE ★★★★☆

The Sapphire Nitro R7 370 4GB is sold in some stores for as low as PHP 8,660, with the 2GB version going for around PHP 7,500. While it performs solidly and churns out a decent frame rate-per-Peso ratio, the almost four year old graphics architecture merits a few question marks, especially considering that other cards in the same price range are strutting newer hardware under the hood. It's not a terrible purchase *per se*, but as it stands, value-for-money is where this card excels.



## BOTTOMLINE

Still a forerunner at its price point, but this is one dog that shouldn't be taught tricks (read: refreshed) anymore.

# AMD A8-7670K

Reviewed by Chris Noel Hidalgo

**Earlier this year, AMD announced the refresh of the surprisingly impressive Kaveri APUs, the company's all-in-one solution for the generalist PC user. We managed to get our hands on the second-in-line A8-7670K and put it through its paces to find out if AMD's CPU-GPU in a chip can still hold the fort on its own without the help of a beefy graphics card.**

## DESIGN ★★★★☆

Our review unit of the AMD A8-7670K came in a plain white box as it hasn't been officially released here yet. Rest assured that commercial units will arrive in the proper packaging, with the stock AMD heat sink, manuals, stickers, and everything else.

Etched on its silver lid is the AMD A8-7000 series marque along with a few other technical details almost nobody would be interested in. On its underside are 906 gold contact pins designed to fit FM2+ motherboards.

## HARDWARE ★★★★☆

This Kaveri refresh, codenamed Godavari APU struts a total of 10 compute cores—divided into four Steamroller CPU cores and six Radeon R7 integrated graphics cores—working in tandem through AMD's own Heterogeneous System Architecture (HSA). This allows the CPU and GPU to work together in accessing memory instead of fighting over it. In theory, this should result in better performance in certain tasks.

The CPU is clocked at 3.6GHz, turboing up to 3.9GHz when needed, both better compared to last year's A8-7650K APU which clocks in at a base 3.3GHz and a boosted 3.8GHz. Meanwhile, the Radeon R7 cores hum at around 757MHz, 34MHz faster than its predecessor. Due to the presence of dedicated graphics processors in the chip, it's leaps and bounds ahead of CPU-only products when it comes to gaming.

## USER EXPERIENCE ★★★★☆

AMD touts this card as a more cost-effective alternative to the entry-level Intel Pentium G3258 plus Nvidia GT 730 combo, as the 7670K was able to churn out more frames per second in popular

multiplayer games. That's a very bold claim, so I popped the A8-7670K in a Gigabyte G1 Sniper A88X motherboard along with a single 8GB RAM stick to see if it stands true. Because the review unit did not come with a cooling option, I installed a Deepcool Gammaxx 300 to keep the APU's temperature in check. Resolution for all tests was at 900p.

While it failed to deliver glorious 60fps in all but the most simple flash games, it does manage respectable frame rates across my suite of benchmarks which included Batman: Arkham City, The Witcher 1 and 2: Assassins of Kings, NBA 2K15, and Saint's Row 2. It averaged around 15fps in the above titles, with all settings maxed out, except for anti-aliasing and tessellation, which would have further reduced performance into the single digits.

As expected, graphics looked blocky and input lag was very noticeable. Sacrificing a lot of visual treat and turning settings down into the low and medium territory allowed the GPU cores to shine, pushing above 30fps with minimal frame drops. It's interesting to note that performance in *Counter Strike: Global Offensive* was as advertised. With all settings tuned all the way up (again, except for AA), matches were buttery smooth at a near constant 40fps.

The A8-7670K APU also performed well during general day-to-day use. I noticed no lag in terms of software startup and multitasking was suave as long as I didn't launch an overkill number of CPU-heavy apps. Speaking of CPU stressors, I used Cinebench R15 and Prime95 to push the Steamroller cores and the results were unsurprising. It achieved a score of 269 in the former's CPU benchmark (good, but not at all impressive), while it heated up to an alarming 82°C due to the latter—and that's just at stock speed. A better cooling option would have brought that down to the 70s.

Two things that would have made the APU perform better is a dual- or even quad-channel RAM configuration and higher integrated GPU allocated memory. Those, as well as a dual graphics compatible card—just something to keep in mind in case you're targeting this for your next build.

## VALUE ★★★★☆

The AMD A8-7670K is expected to ship for around PHP 5,500 pesos plus taxes. Add another PHP 10,000 in necessary parts and you'd have an entry-level performer that can pull 30fps on popular titles, albeit at low to medium settings. If you just need a working computer for general use and don't want to spend a fortune, this processor is honestly one of the better ones out there.

## BOTTOMLINE

No wonder the APUs are being advertised as perfect for LAN shops.



### SPECIFICATIONS:

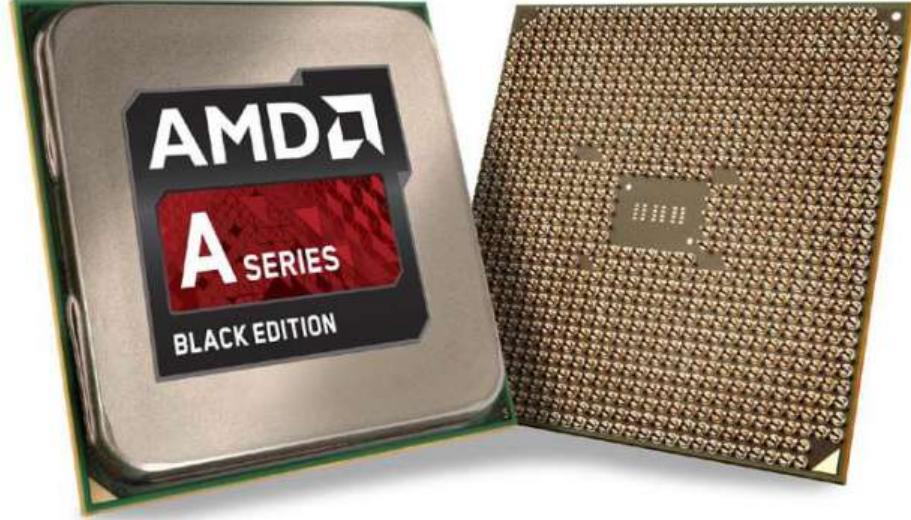
CPU Cores: Quad-core Steamroller (Two physical cores, four threads)  
CPU Clock: 3.6GHz, turbo up to 3.9GHz  
Integrated Graphics: Hexa-core AMD Radeon R7  
GPU Clock: 757MHz  
L2 Cache: 4MB  
Socket: FM2+  
TDP: 95W  
Features: AMD FreeSync, Virtual Super Resolution, AMD Dual Graphics compatible, unlocked multiplier

### What's Hot:

- Decent integrated graphics performance
- Dual graphics compatible
- Affordable

### What's Not:

- CPU performance a bit wanting



# Motorola Moto E (2nd Gen) LTE

Reviewed by Mika Fernandez-David

**By the luck of the draw, a brand new Moto E landed on my lap one afternoon for this month's GLab. Let's see how this PHP 6,999 phone fares.**

## DESIGN ★★★★☆

The Motorola Moto E isn't a phone that will grab your attention the first time you see it. When the screen is off, it looks like one of your run-of-the-mill smartphones, all black, with rounded edges, and not much else aside. At 129.9 x 66.8 x 12.3mm and weighing just 145 grams, it's not the type that will stand out from a pile of phones in the looks department at first glance. It's something one could call vanilla—although I'm not saying vanilla is bad.

In front, the Moto E's screen is made of Gorilla Glass 3 with an oleophobic coating. At the back is a rubberized panel that holds the built-in battery. To address the non-removable back plate, Motorola cleverly designed the phone to have both SIM slots and the microSD slot on one side of the phone, and the power button and volume rocker on the other side. These slots are neatly hidden and sealed by a removable bumper they call the Motorola Band. Also located on the side is a retractable plastic tab with the phone's IMEI information. With the bumper on, all you see are the buttons on one side, the earphone jack on top, and the micro USB port at the bottom, as well as the 5MP rear camera located in the center, just above the dimpled Motorola logo.

## HARDWARE ★★★★☆

The Moto E has a Qualcomm Snapdragon 410 chipset, a quad-core 1.2GHz Cortex A53 processor, and 1GB of RAM. It has two SIMs on dual-standby, LTE connectivity, and an Adreno 306 GPU. Not the most impressive specs, but given that it's an entry-level phone, it's pretty decent for multi-tasking. It comes with a 5MP rear camera with autofocus, geo-

tagging, panorama and HDR functions, and a VGA front camera. The Moto E is powered by a 2390mAh non-removable Lithium Ion battery.

## USER EXPERIENCE ★★★★☆

Out of the box, the Moto E runs on Android Lollipop and offers one of the purest Android experiences I've had among all the devices I've tested. It received plus points in my book because it comes with practically no bloatware, and you don't have to deal with branded overlays that are actually more annoying and obtrusive than useful. If you are familiar with Android, or even if this is your first one, setting up and operating this phone is very simple and straightforward.

The Motorola Band that seals the device's ports is a bit tricky to remove the first time around but can be done without harming yourself or the phone. And because one normally doesn't have to keep replacing SIMs and SD cards, the likelihood of the band stretching and affecting its seal is pretty low. Conveniently, however, if it does happen, Motorola sells these bands individually as an accessory.

The Moto E is a decent daily driver. Call quality is crisp, the touch screen is responsive, and the display quality is decent. This version comes with LTE connectivity that is really appreciated at this price point. It can multi-task with the best of them (within reason), and can handle light to moderate gaming if you're okay with playing on just a 4.5-inch screen. In this age of phablets where everyone thinks bigger is better, you get to realize how convenient it is to have a phone that fits nicely

in your pocket, and/or occupies very little space in your purse. Being a dual-SIM phone, those of us who have personal and office-issued lines need not carry multiple devices, and can use the saved space for a powerbank which will come in handy by mid-afternoon with moderate use.

The Moto E's biggest setback has got to be its underwhelming camera. Packing a measly 5MP camera with no flash, it is quite disappointing and feels like they could or should have bumped the spec a bit more (hello, VGA front-facing camera!).

The camera comes with what seems like a simplified Google camera app. Installing third-party apps might help with the ease of use, although it won't bump up the picture quality so I suggest you just learn how to make the most of the camera instead. To be fair, it is possible to take decent photos with the Moto E, but you really have to take the time to compose your shots and ensure proper lighting. To put it simply, if picture quality is high on your list of must-haves, this phone might not be the one for you.

## VALUE ★★★★☆

Priced at PHP 6,999, the Moto E is a bit on the pricier side, considering that the market is now flooded with very affordable usable phones with specs comparable to flagships of a few years back. However, Motorola has been known for solidly built phones, and that may be enough reason to fork over a little bit more cash for it.

## SPECIFICATIONS:

OS: Android Lollipop 5.0  
Chipset: Qualcomm Snapdragon 410  
CPU: Quad-core 1.2GHz Cortex-A53  
GPU: Adreno 306  
Storage: 8GB expandable up to 32GB with micro SD card  
RAM: 1GB  
Screen: 4.5-inch IPS LCD capacitive touchscreen, 540x960 pixels, 16M colors, Corning Gorilla Glass 3, oleophobic coating  
SIM slots: Dual SIM, dual stand-by (Micro-SIM)  
Camera: 5MP rear, VGA front  
Comms: Wi-Fi 802.11 b/g/n, hotspot, Bluetooth 4.0, FM Radio with RDS, GPS with A-GPS, GLONASS  
Dimensions: 129.9 x 66.8 x 12.3 mm  
Weight: 145g  
Battery: 2390mAh, non-removable Li-Ion battery  
Connectivity: GSM / HSPA / LTE

## What's Hot:

- It feels very nice in the hand
- Almost pure Android experience

## What's Not:

- Below par camera specs



## BOTTOMLINE

Simple is good. Most especially when it comes to Android experience.'Nuff said.

# HP Elitebook 1020

Reviewed by Ren Alcantara

**Tablets are handy little devices, and they're great for the occasional rushed report, crammed paper, or batch of emails. Though no matter how fast or feature-rich they get, they still can't beat the content-creating powers of a full-on laptop. That's just what HP's Elitebook 1020 is, and we got to take it out for a spin.**

## DESIGN ★★★★☆

The Elitebook 1020 is pretty. The outside looks to be made of a matte-finished metal that gives it a nice sheen. From a distance, it might be mistaken for another kind of laptop entirely, save for a different logo on the lid. The device itself is conveniently small, measuring in at 8.27 x 12.2 x .62 inches, and 2.2 pounds. Slim and sexy, the Elitebook might just be the epitome of a small, powerful business machine.

The overall design of the device is wonderfully simple, with little in the way of flair or flash. I appreciate this kind of understated style, which fits in as easily on your office desk as it does at a café.

This same quiet elegance is present once you open up the device. There's substantial bezel around the screen, but nothing that is too distracting—you're going to be staring at that crisp screen anyway. Just above where the keyboard lies is the speaker grille, carved right into the aluminum, with a keyboard that is reasonably large for a laptop this size. There's also a fingerprint sensor just off the bottom of the keyboard, and to the right of the trackpad, for added security.

## HARDWARE ★★★★☆

This Elitebook has a gorgeous 12.5-inch display with a resolution of 1920 x 1080 pixels. It's actually quite nice, particularly for a display of its size. Despite its unassuming size, it's actually quite a powerhouse. It



### SPECIFICATIONS:

Processor: Core M-5Y51 1.1GHz (max turbo frequency 2.6GHz), 4-MB L3 Cache, 4.5W RAM: 8GB LPDDR3, 1600MHz Storage: 180GB SSD OS: Windows 10 Dimensions: 8.27x12.2x.63 inches Screen: 12.5 inches, 1920 x 1080 Weight: 2.65 pounds

### What's Hot:

- Slim, light, sexy
- Has the muscle to get the job done
- Great battery life

### What's Not:

- Expensive

has the Intel Core M-5Y51 processor with two cores ticking away at 1.1 and 1.3GHz, and a massive 8GB of RAM. For storage, our unit had an SSD with 150GB of usable storage.

Those who require ports have nothing to worry about with the Elitebook 1020. It comes with two USB ports, and HDMI out, microSD card reader, and a 3.5mm audio jack.

## USER EXPERIENCE ★★★★☆

When it first arrived, I had no idea what to make of it. Devoid of anything but the AC adapter, the Elitebook 1020 doesn't look like the powerful device it is. Given the loads of RAM, SSD, and capable processor, boot time was surprisingly fast from a cold start, with the icing on the cake being Windows 10 right out of the box.

To really get into it, I ditched my huge office-issued gaming laptop for the diminutive machine, and relied on it solely to get my work done. There was a little adjustment when it came to getting used to the smaller keyboard, which might be just under 90-percent of a full-sized keyboard, but a few minutes getting used to the layout was all I needed to get back up to regular typing speed. One slight annoyance though, was the placement of the fingerprint sensor, which is about where I find my wrist rests. This triggers the configuration wizard on occasion, so be careful where you rest your hands.

The keys are really nice. They have a soft, shallow, but tactile feel to them, which really helps when you're trying to lay a few hundred words a minute down on the page. The touchpad, which is nicely located, is also nicely textured and responsive, though it



## BOTTOMLINE

You might not need all that slim, light power, but man, are you going to want it anyway.

does not click when pressed. You can trust that it's going to work each time though, so it's a non-issue. It doesn't have a right-click, so if you need to access device settings, you're going to have to tap with two fingers—again not a bad thing, just a detail you have to be aware of.

The device itself is fast. With so much RAM, an SSD, and the processor to match, it makes short work of any office tasks you may wish to throw at it. If you're the kind to run multiple apps, lots of tabs, and maybe a second monitor, that's not going to be a problem either. It's actually pretty amazing for such a small laptop. Equally impressive is the battery life. With normal browsing, word processing, and audio, it lasted all of a workday without plugging in. Should you need to suddenly uproot and change locations from your office desk, you shouldn't have to worry about running out of juice with the 1020.

The build quality is also top-notch. While the lid and keyboard area are (what I assume is) aluminum, the bottom is a matte plastic, to keep weight down, and to avoid it either being too cold or too warm should you want to actually rest it on your lap (or belly, if you work from your bed. Don't judge me). The overall weight is startlingly low. I actually forgot I had it in my bag the first day I brought it home. I almost absent-mindedly tossed my bag on the couch. Do try to remember where you put yours.

Since it's also touted as a business machine, they've beefed up the security with a built-in fingerprint scanner for locking and unlocking the device, and even encrypting the drive. Setup was painless, and identification was more or less spot-on, with the occasional, but not bothersome false negative. It's something that I believe I would honestly use daily.

## VALUE ★★★★☆

At over PHP 46,000 converted from its US price, this device is on the pricier side of the spectrum. It might not appeal to everyone, but there is a purpose to it, and that's to be the lightest, most capable work device in the market. It's actually on the mark in this regard, and while it might not be the one for everybody, those people who will appreciate it will do so immensely.





# Apple Watch Sport 38mm

Reviewed by Maribelle Alba

**When the Apple Watch was first announced in late 2014, Apple fans (like me) eagerly looked forward to this new device, the first new product from the Cupertino company since the iPad in 2010. As with every other new Apple product, the Apple Watch was expected to shake up the wearable tech category. It became available in Apple Stores in April 2015 (not yet in the Philippines), and having worn it on my wrist for some months, here's how I feel about it.**

## DESIGN ★★★★☆

As with any Apple product, the Watch is beautifully designed and stylish enough to wear like a piece of jewelry. To keep the Sport variant lightweight, the case is crafted from 7000 Series aluminum with Ion-X glass for the display. The Sport Band is made of fluoroelastomer, a material that is durable yet soft and smooth. Release buttons at the back of the case allow you to switch the interchangeable bands, to match your outfit of the day.

On one side is a digital crown, looking very much like the usual watch crown, but works like a scroll wheel that you click and turn to perform various functions. Beside that is a large button that is both a power button and a Friends app launcher. At the other side are tiny openings for a mono speaker and microphone, while four rings at the back are actually heart rate sensors.

## HARDWARE ★★★★☆

The Apple Watch is powered by the Apple S1, described as a "System in Package" (SiP) or a complete computer where memory and storage, as well as processors for connectivity, sensors and I/O are contained in a single package. Unofficial teardowns describe this tiny module at the heart of the Watch an engineering marvel consisting

of the following components: a 32-bit CPU with integrated GPU, 512MB DRAM, 8GB flash drive, wireless charging chip, touch controller, gyro-accelerometer, WiFi/FM/Bluetooth chip, NFC controller, and power management unit. Basically the Apple Watch is the Apple S1 module inside an aluminum and glass casing. It comes with an inductive charger that attaches magnetically to the back of the case.

## USER EXPERIENCE ★★★★☆

Like any new gadget, the Apple Watch takes some getting used to. For instance, tapping on the screen brings up the clock face; pressing down on the screen brings up customization options. Even after some months, I still haven't quite figured out how much pressure is needed to differentiate between a tap and a press in the new Force Touch display interface.

With its Taptic Engine Technology, the Watch gives you different types of taps on the wrist to cue you about an incoming phone call, an upcoming calendar event, or to remind you that it's time to stand up and stretch. These discreet notifications are particularly useful when you're in public places or in a meeting.

You can actually answer a call on your Apple Watch, if you don't mind looking someone from a 1960

## SPECIFICATIONS:

Operating system: WatchOS  
Processor: Apple S1 computer-on-a-chip  
Storage: 8GB total, 2GB for music, 75MB for photos  
Display: 340x272 pixels  
Controls: capacitive touch, force touch, digital crown, button  
Sensors: ambient light, accelerometer, gyroscope, heart rate  
Connectivity: Bluetooth 4.0, Wi-Fi 802.11 b/g/n 2.4GHz  
Battery life: maximum 18hrs  
Inductive charging: 1.5hrs to 80%, 2.5hrs to 100%  
Dimensions: 38.6x33.3x10.5mm  
Weight: case 25g + white sport band 47g  
Case: aluminum with ion-x glass

## What's Hot:

- Beautiful, Apple-quality build
- Built-in heart rate monitor
- Convenient inductive charger

## What's Not:

- Battery life is only about a day
- Most functions work only when linked to an iPhone
- Expensive

spy movie, talking to your watch with your arm raised to your face. Since you can hardly hear the caller, you will also need to occasionally raise your arm to your ear. Not cool at all. For me, the best call-handling feature of the Watch is that you don't have to bring out your phone to see who's calling, and you can decide whether to accept or reject the call, or cover the watch face to silence it.

There are a number of built-in apps: Messages, Phone, Mail, Calendar, Activity, Workout, Maps, Wallet, Siri, Music, Camera Remote, Remote, Weather, Stocks, Photos, Alarm, Stopwatch, Timer, World Clock, and Settings. You can also add third party apps, such as Facebook, Instagram, Twitter, etc. These all look good on paper, but in real-world use, you can't do much on your Apple Watch, except to check notifications.

The Apple Watch is also billed as a health and fitness device, with its Activity app that reminds you to stand and move for at least a minute in 12 different hours of the day; records how many active calories you burn daily; and tracks at least 30min of daily exercise. While these functions are par for the course for other activity trackers, the Watch is missing the sleep monitoring function offered by other fitness bands. On the plus side, the built-in pulse detector/heart rate monitor is useful, particularly since I take medication for arrhythmia.

Battery life is rated up to 72 hours on power reserve mode and up to 18 hours as a timepiece, but only up to 6.5hr of audio playback, 3hr talktime, and 6.5hr workout. This means that daily charging should be part of your routine.

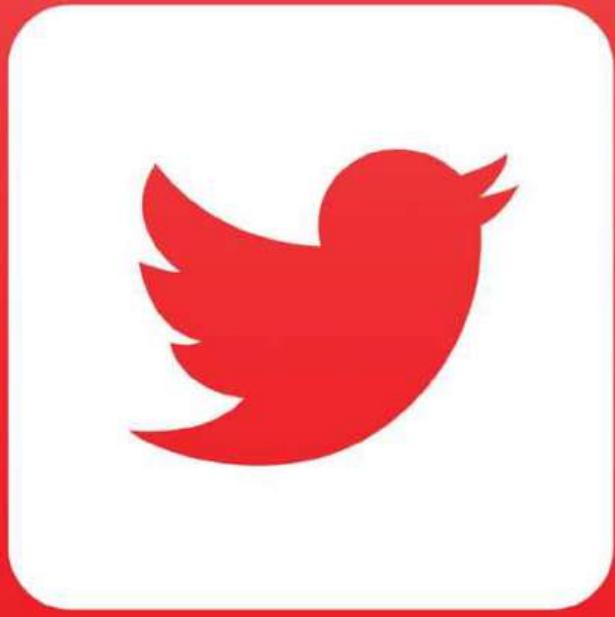
## VALUE ★★★★☆

Some reviewers call the Apple Watch a status symbol for diehard iOS fans. I concur. For what it currently offers, it is an expensive accessory, more like a novelty item than a truly functional device. Its utility simply does not justify the cost, and it's something I could leave home without.

## BOTTOMLINE

**Underwhelming.** For now, it's not going to dislodge the Misfit Shine that I wear 24/7.

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# Fit and Fab

It's hard to say no to a free buffet but it's shockingly easy to refuse any activity that involves the outdoors and sunshine. Breanna Espina's asking us to reconsider this sedentary lifestyle, though. Let this month's cover girl show you the ropes of getting into shape and being healthy inside out.

No, being a circle doesn't count as a shape.



A woman with dark hair tied back, wearing a white long-sleeved top and white pants, is shown in a dynamic stretching pose against a background of colorful diagonal stripes in yellow, pink, and teal. She is wearing a white visor with the 'SAUCONY' logo. In the foreground, three Huawei TalkBand B2 fitness trackers are displayed in black, silver, and gold colors, arranged in a row. The woman's right arm is extended forward, and her left hand is on the floor, emphasizing a sense of motion and fitness.

## Huawei TalkBand B2

Accompanying you from the gym to that office meeting.

Outfit by **Saucony**



## Starmobile Knight Elite

A smartphone you won't shy away from.



## Canon PowerShot SX610 HS

Capture every memory with this nifty little snapper.

# Breanna Espina: Pretty Fierce

Interviewed by Mia Carisse Barrientos

If looks could kill, Breanna Espina would have a body count in the thousands. Don't be fooled though, this Filipino-Australian isn't just a pretty face. She can also knock down those who dare to stop her in her tracks with a kick to the gut.

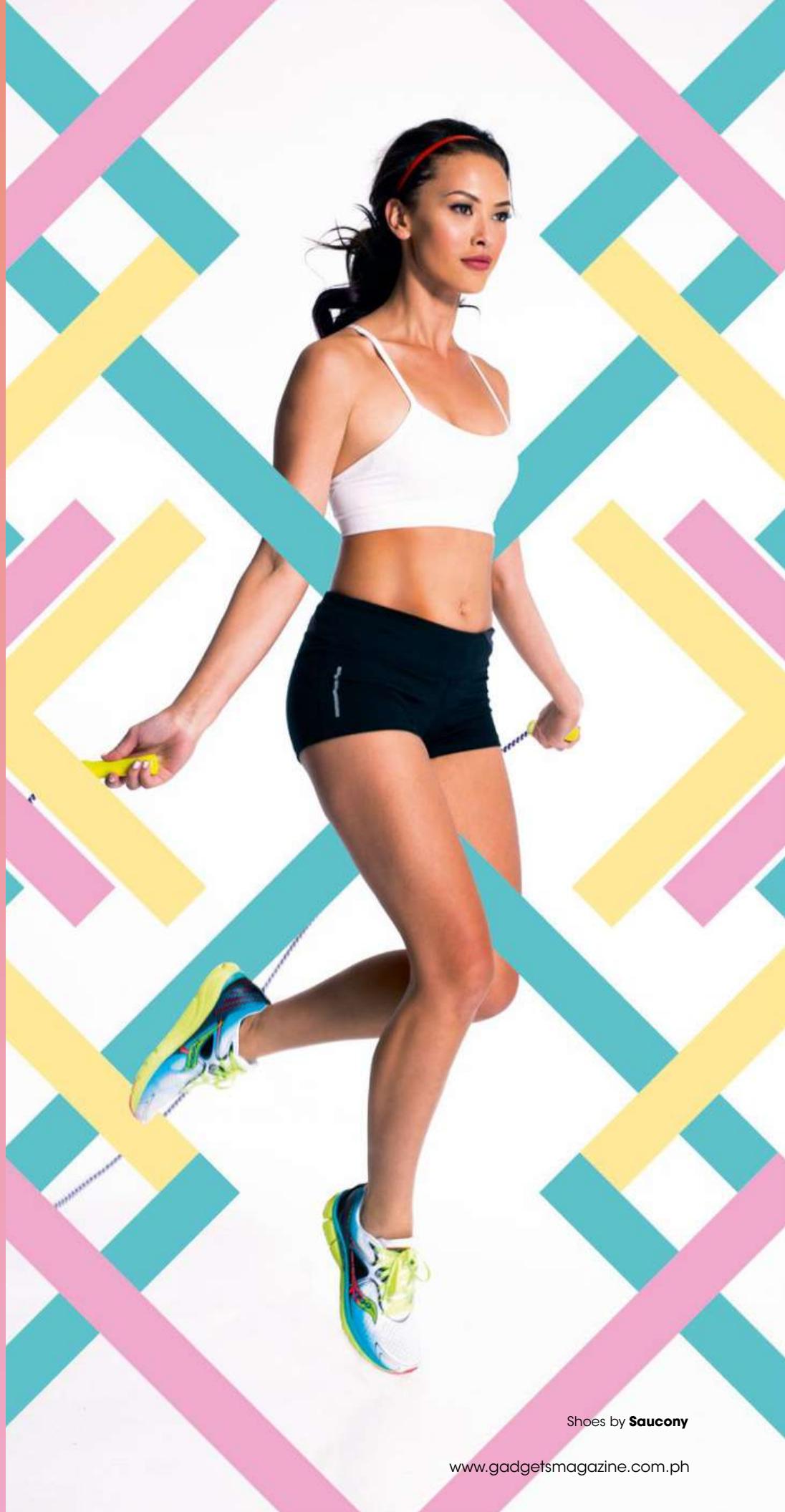
Armed with beauty and charm, Breanna's captivating vibe echoed across the studio and awed the team. She easily nailed each pose with grace and contagious energy. Apart from being fit, this vigor stems from her outgoing personality. As Breanna exclaimed, every moment she can, she will travel. She makes it a point that nothing can tie her down, even credit cards.

Breanna's wanderlust ushered her into the world of modelling. "I got into modelling just for the fact that I wanted to move to another country," she shared. As soon as she got the offer to model in Thailand, she didn't even think twice and agreed right away. Breanna thought that if she can live in a different country, work, and support herself while doing so she's definitely down for it.

Now a year into her modelling career, Breanna has booked several campaigns and ads for prominent brands such as Canon Asia—the first and most memorable commercial she did so far. The ad sees Breanna climbing a tree to take photos of a bird's nest. Breanna explained that she was 150-percent in her element and was grateful for the privilege of doing so. Describing herself as kind, adventurous, and free spirited, you will find her anywhere that's thrilling, exciting, and "where there's a possibility you could die—but you wouldn't."

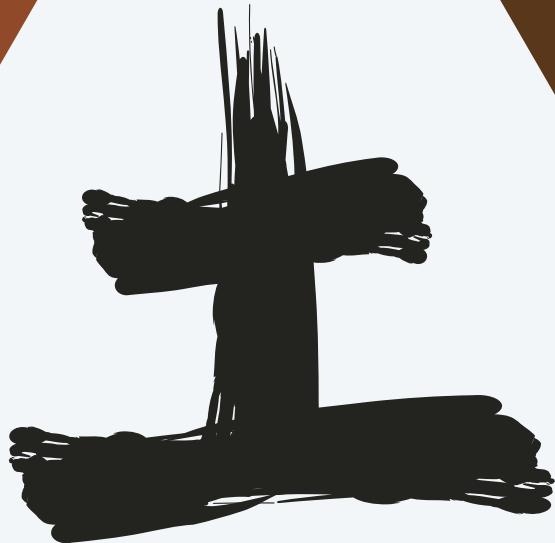
Staying fit is no stranger to this stunner. Her fitness routine begins in the morning, before she eats, so that instead of burning her breakfast it's her own body fat she loses. Breanna shared that she walks for 30 minutes at a slow pace every day with stretching right after. She also runs and boxes and has also expressed her desire to learn Muay Thai. You might be surprised to know that someone as fit as her is a carnivore. She eats zero vegetables but makes up for it by eating other nutritious food. Also, one of her secrets to staying lean is a calorie counter app that she tells everyone to download, *MyFitness Pal*.

*Within her first three weeks in the Philippines, Breanna had already done volunteer work in Davao, swam with whale sharks and canyoneered in Cebu, and modelled in Manila. Being able to gracefully juggle all these in her hands, there's definitely no stopping this pretty yet fierce soul. Follow her adventures @breannaespina on Instagram, Tumblr, and Twitter.*



Shoes by **Saucony**

# E A R T H



## Fitness Gear for the Landlubber

Words by Chris Noel Hidalgo

There's no need to brave the deep blue sea nor achieve some serious hang time just to get your heart going. We weren't born with gills and wings after all. If our ancestors were able to achieve healthy lifestyles (well, as healthy as the lack of medicine and nutritional knowhow allowed back then) with their feet planted solely on the ground, then by golly, so could you. The stark difference is that while they were armed with only their dinner's deer skin as they huffed and puffed about, you have tons of tech at your disposal. We roundup some tech necessities for common landlubber activities below.

### The Gym Rat

Whether you'll be bulking up or hunkering down for some cardio, your time at the gym is best spent with gizmos that allow you to get the most efficient workout in while helping the time go by faster. Obviously, a lot of sweat is going to be involved so doodads that won't decay after swimming in your perspiration is also a must.

First and foremost are either headphones or earphones that are wireless and can stay on your head even during vigorous movements. Wires get tangled up in everything, and the last thing you need when you're bench pressing your equivalent weight is snagging your arm in the cord. Take it from someone who's ripped the wire clean off a bud while on a treadmill—go wireless and save yourself from the humiliation. The Powerbeats2 from Dr. Dre is one such wireless product that really impressed me bar its price.

Next is a wearable, and not just any wearable. You'll need one with a heart rate monitor so you can easily find your workout sweet spot and not overexert your blood pumper. Consult a physician to find your maximum heart rate and your ideal exertion percentage in accordance with your fitness level. When you're consistently hitting this mark, you're burning the most calories for your effort.

Lastly, you're going to need a music player whether in the form of a dedicated MP3 device or your phone. Although a standalone MP3 player like the iPod nano is much easier to carry on your person, a phone will serve the dual purpose of pumping Bluetooth tunes while tethering with your wearable so you can check your gains and losses on the fly.



### The Mountain Men

If being lost in nature is more your speed, then you better gear up and gear up well so you don't end up absolutely hating the outdoors when luck decides to relieve itself on you. Of course, proper wilderness gear should be at the top of your list. These should be made from light, non-water absorbent material that allows your body to breath and move freely, while at the same time offering protection from the elements you'll be facing.

Survival gear such as sleeping bags, flashlights, folding knives, flints, and multi-tools are also some of the basic equipment you'll need. You don't want to end up cold and shivering in the evening, stuck in darkness, without the means to gather and prepare food do you? You could make the argument that you're packed to the brim with noms, but you should be at least prepared in case life takes a crapper.



Meanwhile, your gadgets should be guaranteed tough in order to survive in the wild. No room for delicate flowers here. Your phone, headset, camera, binocular, and other tech toys need to be ruggedized, shockproof, and waterproof if you want them to be able to keep up in your adventures. You'll also be needing power banks and solar chargers to keep them up and running. But arguably the most important set of tools you'll need when you're deep in the heart of no man's land is a map, compass, and for the new school explorers, a smartwatch with a GPS, altimeter, barometer, and thermometer. That way, you're able to get your bearing and make your way towards safety.

Pack all these in a bag that can handle the stresses of being snagged on branches, forced against sharp rocks, and used as a back armor and you'll be good to go into the wild.





### The Marathoners

It doesn't matter if you're running on your feet or pedalling on a bike; speed and efficiency will be what you'll need when you're on a marathon. As such, you'd want devices that won't get in the way of your performance while at the same time are easily accessible for your eyes and ears.

But first things first; you're going to be pushing your legs and feet for one heck of a long time so it's best to put on comfortable and durable socks, shoes, and leg wear. It's hard enough keeping your pace as it is. You don't need to worry about possible injury arising from cheap garments.



As with the previous two activities, you're going to need devices that are immune to the elements you'll be facing. Weather can quickly take a turn for the worse, so waterproof-everything is a must. If you trip, then your stuff should be durable enough to handle your frame crashing down on them. Two particular notes here: you'd want devices that won't grind you to a halt as you use them, and you'd want them to be easily visible whether in the sun or rain.

GPS watches, maps, and compasses are also must haves. Marathoners getting lost on the route is not news to anyone, with many going for kilometers before realizing that they're marching themselves straight into another country. You don't want to be an addition to that statistic, so try and keep yourself on track.



**There's a lot of overlap between land-based activities and as such, there's also a lot of overlap in the gadgets that will let you immerse yourself in them. Just learn your needs first before making purchases and you'll be fine. It's okay to go a little overkill on your fitness gadgets, but it's totally not cool to go about these activities underprepared and misinformed.**

# AIR



## Flying Without Wings

Words by Ren Alcantara

Human beings have always wanted to fly. We've got the myths, the recurring dreams, and the sports for it. There's just something about trying to break free of the chains of gravity, of that momentary feeling of absolute freedom that speaks to something primal in all of us. Come and join us as we go outside and get some air.



While not technically a sport, Parkour is as close you can get to flying with nothing but the body nature gave you. It's an extremely demanding physical activity that is equal parts strength, mental acuity, and agility. Taking the simple idea that the shortest distance between two points is a straight line, the art of parkour has its practitioners jump, vault, and shimmy over, across, and through obstacles, through the use of natural human movements. It's incredibly physically demanding, and requires each traceur or traceuse to be in superb physical health. It's amazing to see this discipline in action, and the real beauty of it is just how effortless the whole endeavor appears.

To get there though, you'll need a lot of hard work. There's going to have to be a lot of time building strength up. This means gym time. Legs, your core, and your arms all need to be able to work in perfect concert to execute even some of the more basic moves. As the founder of the art, David Belle says: "Without training, you will not grow wings." Apart from that, you'll have to put effort into building up your cardio—you're not going to be jogging through this activity.

Once you've got a good base upon which you can build on, you can start learning the skills. Lots of jumping, vaulting, and high-impact means you need to invest in solid footwear. While you may be tempted to go with the thickest, most well-padded shoes available, this might not be the best approach, as it removes a lot of the feel you need to be in contact with the surfaces you're pounding. Thinner-soled shoes are great for this purpose. It might be a surprise for many, but since it is an activity that's made for the streets, some casual shoes are actually perfect for it. Widely recommended are the Onitsuka Tiger Ultimate 81. Lightweight, durable, and grippy, they allow you really feel what's going on under your feet. Beginners might want to look at some of the thinner-soled running shoes for the same purpose: just enough padding to be comfortable, but not too much as to kill the feedback.

Another school of thought favors the minimalist approach, which I myself favor.

Little to no padding means superb feedback, but puts pressure on the traceur/traceuse to have perfect form, in order to stay safe, and not hurt themselves. The thinner models of Vibram Five Fingers are great. Absurdly light, comfortable, and reasonably grippy, they'll make you feel like a monkey on a sugar rush zipping through the course. Another great option for the minimalist are the Zemgear 360 Ninja. This shoe has a split-toe design, very low weight, and sufficient grip. Since they're so thin, it really forces you to concentrate on your form, as you feel every landing.





You're also going to need some comfy clothes both to protect your body from the ground, and keep you cool and comfortable while you grab armfuls of air. Stay away from cotton, as they soak up sweat and start to weigh you down. You're going to sweat a lot, and you won't want to be carrying all that with you as you try to navigate jumps. Great workout apparel is available from all the usual suspects, but as long as you've got wicking, light-weight fabrics, you should be set. UnderArmor, Nike, Reebok, Adidas, and practically every apparel company with a sports line has something for you. Whether to choose shorts or loose-fitting pants is another matter that is up to personal preference.

Training to be at the peak of your physical form will also be made much easier with some music to

help keep you motivated. Since you'll be moving around a lot, you'll want a speaker that can take some bumps. It might be a good idea to steer away from headphones, as you're going to need some situational awareness going on, but if you want the skinny on what audio gear you can use, head over the **Music Corner** section.

Cameras are also a great idea here. You're going to want to review what you do, in order to better your form, so a buddy with a camera that has the ability to shoot high-framerate video could help you a lot. Cameras on higher-end mobile phones meet this requirement well enough, and come with the added bonus of, well, being a smartphone. Practically all flagship devices can shoot excellent-quality video at 60FPS, so you're really spoilt for choice. Should you really want to get into the thick of things, an action camera, such as the many excellent offerings from GoPro and Sony, plus the appropriate mounts for your head, or the obstacles you're going through, make for great high-energy footage. There's nothing like first person footage of a huge leap to get your viewers' blood flowing.

This activity doesn't really require a lot of hardware. At the heart of it, you just need a good pair of shoes, and the steely determination to be better than you were the last session. You're going to fall a few times, sure, but fall enough, work hard enough, and keep at it, and like *David Belle* said, you'll grow wings.



The Sony Action Cam gives great image quality and lots of additional features.



GoPro's Hero 4 session is amazingly small, light, and powerful.

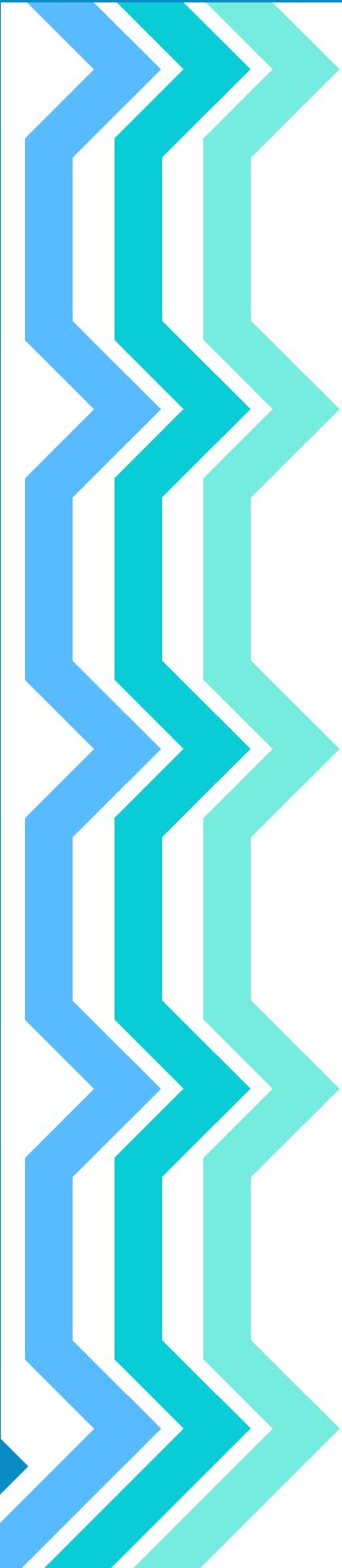
# W A T E R



## Fitness Gear for the Water Treader

Words by Mia Carisse Barrientos

There's something about being around bodies of water that calms the senses and makes you want to jump right in. Come across a puddle on the sidewalk and the kid in you would just want to stomp on it and make a mess—but you won't, because you're a mature adult. This affinity to seek out puddles and pools may have stemmed from our need for water to live, or from the fact that we float in the wombs of our mothers for nine months, or perhaps from the ancient belief of turning to water for healing.



All in all, it's human nature to turn to water for a sense of respite and recreation; resorts and beaches always top our lists for where to spend our vacations, and in the same way, nothing beats a cold glass of water for instant soothing from the heat. Mix water and exercise, and you've got a combination that's fail-safe.

The location you choose to workout in can either boost your motivation or divert your attention to other things. Exercising in areas with the presence of water have been proven to improve both physical and mental health. If ditching the gym for the sea benefits one on so many levels, what more can actually immersing yourself in the clear waters benefit you. Engaging in water activities allows us to enjoy and at the same works the whole body out without us realizing it. In a sense, it works similarly to gears that conditions our bodies and maximizes our workouts, without additional cost. It doesn't end there. You can further make the most of your water training with devices made to boost fitness.

## Swimming

Ask anyone, and the first water exercise they would think of is swimming. Everyone enjoys swimming—even if you don't know how to. Just clumsily paddling through the blue waters gives you instant delight. As a form of exercise, doing laps for about an hour already burns as much as 500 calories. That's comparable to two whole donuts. Apart from attacking body fat, swimming is also a sure-fire way to improve one's posture. When you swim, your muscles get toned as you have to coordinate most of your body parts to stay afloat and not get easily tired. There's little to no struggle remaining balanced, though, as the buoyancy of the water lessens the pull of gravity. It's a sport easy to the body and in the long run your joints are fortified, and the position of your spinal column improves, giving you a slender stance out of the water. Moreover, swimming also has been proven to be beneficial for those with asthma as it trains breath control, normalize pulse rate, stimulate metabolism, and improve cardiopulmonary capacity.



### Aquatic gadgets

Water and oil don't mix, and you can say the same for water and tech. We've always been cautious about bringing our devices around areas where it's possible that they get wet—you know what happens to gadgets that get soaked. Advancements in technology have turned some gadgets now virtually invincible, even in water.

Gadgets that can be used in waterlogged areas aren't limited to technologies found in boats and other traditional sea vessels. There's a slew of gadgets made especially to maximize the effect of various water activities.

If you are serious about pursuing this water sport, you might have to put away that flamingo floater and opt for a more techie water arsenal. Apart from apparel appropriate to this sport, swimmers' go-to gear are activity trackers. You would want an activity tracker that isn't just splash-proof but something you can wear while you swim, choose trackers with IPX7 and IPX8 ratings. This means that the tracker can be completely submerged underwater.



You will also want a device that can track your heart rate and the calories you've burned during each session. Other than fitness trackers, there are also dedicated swimming trackers such as the Swimovate Poolmate HR that record your heart rate, speed, and stroke count. To further fuel your pool sessions, you can stream music using Bluetooth-enabled, water-proof earphones or submersible mp3 players.



### Surfing

Surfing, without a doubt, is highly addictive. It is an adrenaline-pumping sport that leaves you breathless every time you successfully ride a wave. It helps you focus, as you scan the sea and wait for the right wave to ride. Surfing is physically taxing, but in the long run, it will make you more agile and stronger. An hour of surfing guarantees 400 calories burned, at the same time toning your upper body as you spend most of your time paddling. Moreover, as surfing is done in nature, it has a positive impact on human health.

Apart from wetsuits and surfboards, there is a bit of tech available in the market to accompany you during your time in the surf. A great wave is worth documenting, so you would want to have an action camera at your disposal while you whiz your way around crystalline hues of blue. Action cameras are generally built water-proof and rugged. You could mount it on your board or strap around your head so it wouldn't sink underwater in case a strong wave knocks you into the drink. You should also know that there's a motorized surfboard, the Jetsurf Pro Race, with an engine that can register speeds of 35 miles per hour. Though made much more thrilling, riding a motorized surf board takes away some of the fitness benefits of the sport.



### Rowing

Rowing is a form of recreation and sport that dates back to early 1800's. Though in unison, rowers look graceful and effortless, it is a sport that is physically demanding. For the most part, the upper body does the work. However, the strength of the rowing stroke must be acquired from the legs for better stability and balance. Rowing requires endurance, strength, and mental

discipline. The latter is because rowers don't see where they are going; the rowers are faced towards the rear of the boat while the coxswain, seated in the stern, yelling commands to the crew, is faced forward, in the direction the boat is heading. People of all walks of life can row as long as they're physically and mentally prepared for the challenge.

For those looking into pursuing this team sport, rowing apparel can be everyday clothes that are breathable and which you can move freely in. If you have a budget for it, you can go for dri-fit tops and bottoms with leg support. A splash-proof activity tracker would also be great for monitoring your heart rate. Also, if you're bringing your smartphone with you, you might want to consider housing it with a ruggedized case.

### Scuba Diving

One of the most premium hobbies and sports there ever are, getting into scuba diving might break the bank but it will surely reward you with priceless experiences. Apart from witnessing the grandeur of marine life, scuba diving can and will improve your general health and stamina. Since you are also swimming, you burn as many as 500 calories in an hour. Deep breathing, on the other hand, stimulates circulation, increases energy levels, improves mental capacities, and promotes a calmer attitude.

To start seeing the world under the sea, it is imperative that you receive proper certification as scuba diving isn't just all about underwater beauty; there are also hazards when not knowledgeable of the proper use of the oxygen tank and the scuba diving techniques.

If you want diving equipment of your own, know that you may have to shell out quite a lot. The basic scuba set-up includes a tank of breathable air, goggles, a regulator, a wetsuit, and flippers. For faster underwater travel, underwater scooters are there to propel the diver and extend his/her range. These are usually lightweight and buoyant; some are also able to propel three divers at once. Underwater cams are also a must in extraordinary underwater journeys along with communication equipments.



# Toyota Yaris 1.3 E A/T TRD

Reviewed by Ren Alcantara | Photos by Chris Noel Hidalgo

**In case you've just been roused from a year-long coma, you should know that the traffic situation here in the Metro is superbly frustrating. The last thing you want while you're doing battle with the snarling hydra that is the daily gridlock of our city streets is a car that refuses to cooperate. Fortunately for me, Toyota made sure I got to try out the spritely Yaris for a week's worth of drives.**

#### What's Hot:

- Zippy ride
- Sporty look
- Comfy interior

#### What's Not:

- Drinks more gas than one might expect
- Really has to get the revs up to move at high speed

#### DESIGN ★★★★☆

There are hatch people, and there are sedan people. I am firmly in with the hatch crowd, and the Yaris is a great example of one. It has evolved a bit from the Yaris of old, giving up the chubby, cutesy look for a much sportier, aggressive face. The facelift is in line with the rest of the Toyota stable, removing any doubt as to the little car's lineage. The sweeping lines, black accents, and low-slung stance all work together to make it look like a car that wants nothing else but to

put asphalt behind it. Swept-back headlamps push the point further. It's actually quite a handsome car, and looks more accustomed to life on a track than on city roads. This particular vehicle is also decked out in TRD trim, making it appear even lower and sportier.

The interior of the Yaris is done in a similar manner as Toyota's Vios. The dash panels, while just molded plastic, has the indication of leather stitching along the seams, helping give it a premium look. You can really tell they're pushing for a much more aggressive

feel for this model. The gauge cluster has a faux carbon fiber back, with orange lighting, helping the analog dials pop and become more visible across different ambient lighting conditions.

The seats are quite comfortable. The sides are raised just enough to keep you in place when you're turning at a decent clip, but not so high as to keep you from getting comfy in traffic. Though three hours of slow city driving will always be miserable, at least you won't be sore.





### USER EXPERIENCE ★★★★☆

This thing is a bright little rocket. While the engine specs look a little pale on paper, allow me to be the one to tell you driving it is a whole other experience completely, at least in the city.

It handles short sprints very well, and gets going surprisingly fast. A little tap on the accelerator wakes the car up quickly, and lets you overtake without the fear of running out of push. To really get moving with the 1.3 liter engine, you do have to bear down on the pedal a bit, and while the initial

zip is there, you're going to have to give it a bit of time to hustle.

It's really quite a pleasure to drive the Yaris. Taking turns at a speed a little outside my comfort zone was easy, and the car felt firmly planted on the ground. The diminutive size of the Yaris means you can easily sneak into small spaces and parking slots, though do be careful about just how low it is, particularly with the skirts on. Steering could do with a little more feedback. As it stands, you get precious little feel from the steering wheel, so you're left driving with your gut sometimes. You probably aren't going to be racing with it so it's not that pressing a concern.

Fuel economy with the 1.3 liter engine is about at par with other vehicles in its range. City driving (which in this city, is more sitting than driving) averages at about 7km/L. This does improve considerably in longer stretches of free road, and we were getting figures past 16km/L when the asphalt opened up. You're going to be tempted to make up with the lack of displacement with a heavier foot, which is particularly detrimental to fuel consumption in this vehicle, so be warned.

### VALUE / PRICE ★★★★☆

Priced at PHP 771,000 without the TRD upgrades, you get quite a bit of car, and a nice-looking one at that, for the asking price.



It's also surprisingly roomy. Even with the front passenger seat at a reasonable position, the back has a lot of legroom. While I generally don't have trouble fitting into subcompacts, passengers much taller than myself remarked at just how much space they had, seated in the back of the "little" hatch.

### HARDWARE ★★★★☆

The Yaris we tested was the E model, powered by a 1.3-liter engine that gives 85HP and 122Nm of torque, mated with a four-speed automatic gearbox. These numbers don't seem very impressive, but it's not all that large, so the engine manages a pleasantly zippy ride. To make sure you don't go too crazy with the throttle, you get a fuel economy meter to let you know whether your lead foot is showing.

Entertainment is handled by a 2DIN stereo, which is on the basic side, and requires an aux cable for sources other than the CD deck and radio. You might not get controls on the steering wheel, but the system is more than adequate for the average user.



### BOTTOMLINE :

**The Yaris is a great city car that can actually hold its own in longer trips. The zippy engine and small size let it shine in the traffic of the city, while the large interior and passenger comfort make for quite a nice car for long-ish trips, all at a price that isn't going to be too bad for your savings account.**

# 2015 Honda HR-V 1.8 E CVT

Reviewed by Mika Fernandez-David | Photos by Nicolo David

**Honda Philippines has brought back the HR-V crossover, a nameplate they first brought in in the late 90s that received a lukewarm reception. Will this iteration do any better? Read on.**

**GADGETS**  
EDITOR'S PICK



#### What's Hot:

- Awesome looking hatch
- Perfect size for city slickers and weekend warriors

#### What's Not:

- Ports are tricky to access
- Shifts at high revs

#### DESIGN ★★★★☆

The all-new HR-V is a breath of fresh air for anyone who is old enough to remember its first incarnation. Backed by a completely different design philosophy, the current version is a more hip and sporty hatch that appeals to a broader demographic. Like a more sophisticated sibling to the Honda Jazz, the HR-V offers more power under the hood and upgraded styling and amenities for both its driver and passengers.

Consistent with Honda's current lineup, the HR-V sports the brand's "Exciting H Design!!!" concept

that is characterized by its solid wing face design with unified grille and lights. The HR-V's hood, sides, and fascia feature strong character lines that gives it its dynamic and commanding presence. Size-wise, the 5-seater is compact enough for the city, yet big enough to bring on the expressways with out the fear of getting bullied by the trucks and busses that ply the provincial routes.

"How do I open the (rear) door, Mama?" That was the first thing my 7-year-old asked me when she noticed that the rear doors lacked the conventional handles. You see, to maintain its sports-coupe design and the upswept flowing

swage line on its sides, the HR-V has concealed rear door handles that can be found at the end of the rear windows on the C-pillar. It's amazing how much difference this small detail makes.

Inside the cabin, the entire lower half from below the window is sporty black with silver accents, while the top half of the interior is light colored to give an airy, more spacious feel.

For flexible cargo capability, the HR-V is equipped with 60:40 ULT seats that can be easily configured to accommodate odd-shaped-or sized loads. Honda has actually mastered this Tetris-like





configuration, with no parts oddly sticking out and all parts fitting perfectly into each other.

#### HARDWARE ★★★★☆

The entire HR-V line up is powered by a programmed fuel injection (PGM-FI) 1.8-liter SOHC i-VTEC engine, mated with Honda's Earth Dreams Technology CVT transmission. This pairing produces 141Ps @ 5,600rpm, and maximum torque of 172Nm @ 4,300rpm. Suspension is courtesy of MacPherson with stabilizer fronts and axle-type rears, while stopping power is provided by ventilated and solid discs in the front and rear.

The front wheel drive crossover also features 17-inch alloy wheels across all trims, as well as smart entry and push start. The HR-V is the first vehicle in HCPI's lineup to use an Electronic Parking Brake in lieu of the conventional pedal or handbrake lever. This

feature also comes with the Auto Brake Hold (ABH) function that you tend to appreciate when stuck in traffic for extended periods of time.

Inside, the leather-wrapped steering wheel for E variants and above is equipped with controls for audio, telephony, and the Multi Information Display, as well as cruise control. The easy-to-read instrument panel is a composed of three floating rings, the colors of which can be changed to your liking.

Also starting with the E trim level, the audio system is a 7-inch touchscreen with Bluetooth, USB, HDMI-in, iPod and iPhone connectivity. It also comes with smart mirroring, and six speakers, and also serves as the display for the reverse camera with dynamic guidelines that can be a lifesaver when backing up into tight spaces. Both the built-in audio system and air conditioning panel located on the center stack are touch operated, and are almost



devoid of the conventional buttons. This makes for a sleeker interface, even though they are quite prone to fingerprints. Other amenities include an additional 12V socket at the cargo area.

Safety features for the E variant include driver and passenger SRS airbags; Auto Brake Hold (ABH); Vehicle Stability Assist (VSA); Hill Start Assist (HSA); ABS with EBD; Emergency Stop Signal (ESS); as well as ISOFIX anchor points.

It is also worth to note that Honda Philippines' entire stable is now Euro-4 compliant, way ahead of the government mandated deadline for vehicles sold in the country.

#### USER EXPERIENCE ★★★★☆

Honda described it perfectly when they said that the HR-V was a vehicle that offered "the styling of a coupe, the comfort of a sedan, and the versatility of an SUV." Sitting in the middle of the Jazz and the CR-V, the HR-V fills the void for those who aspire to purchase an SUV, but don't want to deal with the heft, or the fuel consumption that comes with the bigger vehicles.

In the city, the HR-V is agile and easy to maneuver. The high SUV-like sitting position offers a good view of the road and the lay of the land. It seats five adults comfortably—perfect for small families, with just enough space in the boot for groceries or several school bags.

When given a chance to stretch its legs on the open roads, Sport Mode is definitely the setting you want to be in. Although it undeniably consumes more fuel, it also provides you that little bit more oomph you need for spirited driving.

Because I travel with my gadgets and accessibility is a big thing for me, one thing I found odd in the design of the HR-V is its raised center console. While the position of the shifter and the console box is okay, it's really hard to access the lighter plugs and ports located at the bottom of the center stack. The other detail that didn't sit well with me is its foldable tonneau that kind of reminded me of those windshield sunscreens that you can fold into round discs when not in use. Another thing peculiar to the S and E variants is its cloth upper-door panels. While I don't really dislike this feature, I really think it's a bit impractical.

#### VALUE / PRICE ★★★★☆

The HR-V is available in 5 variants: 1.8 S CVT that is priced at PHP 1,190,000; the 1.8 E CVT priced at PHP 1,230,000; the top-spec'd 1.8 EL CVT priced at PHP 1,340,000; plus the 1.8 E Modulo CVT packaged at PHP 1,290,000; and the 1.8 EL MUGEN CVT kit that is priced at PHP 1,500,000.



#### BOTTOMLINE :

When you've graduated from your Jazz but still want a sporty hatch, the HR-V is the perfect upgrade.

# Ford Philippines takes wraps off the new Ranger

The tougher and smarter Ford Ranger has been unveiled locally, promising truck aficionados a host of smart technologies that make one of the world's most renowned pickups even better.



"We continue to set a new benchmark in the pickup truck segment with an uncompromised toughness and a blend of robust capability, craftsmanship and advanced technology for our tough and smart new Ranger", said Kay Hart, managing director of Ford Philippines.

Ford's latest SYNC 2 in-car connectivity system now recognizes voice commands in controlling the car's climate, entertainment system, and navigation system, with an added eight-inch touchscreen placing more controls within easy reach. For extra convenience, the new Ranger features a 230-volt power socket that can be used to power devices such as laptops and tablets.

A host of driver assist technologies—including: Lane Keeping Alert, Lane Departure Warning, and Lane Keeping Aid; Adaptive Cruise Control with Collision Warning System; Forward Alert; Front and Rear Park Assist; Electronic Stability Program; Electric Power-assisted Steering System; Hill Launch Assist; Hill Descent Control; Adaptive Load Control; and Emergency Brake Assistance—are on hand to help drivers have a better and safer time on the blacktop.

Complementing its brains is an aggressive exterior and premium, sporty interior. "Our new Ranger emphasizes on our Built Ford Tough imagery, highlighting design elements both on the interior and exterior," said Hart.

The Wildtrak's status as the flagship Ranger is emphasized by its outside aesthetics. Projector head lamps flank the trapezoidal grille finished in

a dark, liquid metallic gray. The same color is also present on the side mirrors, door handles, side air vents, bed rails, and tail lamps. The vehicle itself sits high on 18-inch alloy wheels, with rectangular fog lamps, unique sports hoop, bold Wildtrak graphics, and the variant's signature orange color further helping it stand out from its peers.

Inside, orange is used as a strong accent color, most notably on the soft-touch instrument panel.

A horizontal theme is prevalent throughout the cabin, with beams emphasizing the cabin's width. The new Wildtrak features leather seats with graphical elements and orange stitching that combine toughness, durability, and sportiness. An eight-way power adjustable driver's seat is also made exclusively available in the 3.2L model.

Even though it's a looker, the Ranger remains poised to take on any challenge thrown at it. Thanks to its 230mm ground clearance, it's able to wade through waters up to 800mm deep, and handle 28-degree approach and 25-degree departure angles. It can breeze through even the toughest terrain thanks to its 4x4 on-the-fly knob on the center console. The 4WD mode also allows it to tow up to 3500kg in cargo.

The new Ranger is powered by either a 3.2-liter Duratorq five-cylinder TDCi diesel or a 2.2-liter Duratorq four-cylinder TDCi diesel engine. The former puts out 200PS of power and 470Nm of torque while being paired with an automatic gearbox, while the latter is capable of delivering 160PS of power and 385Nm of torque in either MT or AT variants.

"The new Ranger is ready to take on the world, offering the complete package—tough but smart, capable yet refined. We are confident that the new Ranger will exceed customer expectations as the ideal truck of choice", said Hart.

The new Ranger XLT variant will be available in cool white, black mica, aluminum metallic, metropolitan gray and exclusively in aurora blue. The Wildtrak variant will be available in cool white, black mica, aluminum metallic and exclusively in pride orange.

**The all-new Ford Ranger is manufactured at the AutoAlliance facility in Rayong, Thailand. Thirteen variants will be locally available.**

- 3.2L 4x4 Wildtrak AT—PHP 1,679,000
- 3.2L 4x4 Wildtrak MT—PHP 1,619,000
- 2.2L 4x4 Wildtrak AT—PHP 1,530,000
- 2.2L 4x4 Wildtrak MT—PHP 1,470,000
- 2.2L 4x2 Wildtrak AT—PHP 1,420,000
- 2.2L 4x2 Wildtrak MT—PHP 1,360,000
- 2.2L 4x2 XLT AT—PHP 1,279,000
- 2.2L 4x2 XLT MT—PHP 1,219,000
- 2.2L 4x4 XLS MT—PHP 1,199,000
- 2.2L 4x2 XLS MT—PHP 1,039,000
- 2.2L 4x2 Base MT—PHP 889,000
- 2.2L 4x2 Single Cab MT—PHP 769,000



Automobile Central Enterprise, Inc. president and CEO John Philip Orbeta and chief operating adviser Klaus Schadewald pose with the Volkswagen Passat.

# Volkswagen Philippines previews the Passat

**At an exclusive event at their BGC dealership, Automobile Central Enterprise, Inc., the official distributor of Volkswagen in the Philippines, held a special preview of their soon-to-be-launched mid-size luxury sedan.**

Coming from a rich heritage of German engineering and design, the Passat has sold more than 22 million vehicles worldwide since it first rolled off the production line 42 years ago. Recently awarded the 2015 European Car of the Year, Volkswagen Philippines is confident that this luxury mid-size sedan will make a dent in its segment in the Philippine market.

"The introduction of the award-winning Passat will become the biggest product launch of the year for Volkswagen Philippines. With its formal unveiling on October 21, the Passat will be offered at a price range between PHP 2.25 million and PHP 2.75 million," said John Philip Orbeta, Volkswagen Philippines' president and CEO.

Volkswagen Philippines will be offering the Passat in two trim levels, both powered by VW's efficient

2.0 TSI engine producing 220Ps @ 4500 - 6200rpm and 350 Nm of torque @ 1500 - 4400rpm, paired with a 6-speed dual-clutch Direct Shift Gearbox (DSG).

The full-spec'd "Business Edition" comes with all the bells and whistles including LED projector headlights, 18-inch alloy wheels, Adaptive Chassis Control, 12-way electric front seats, an 8-inch touchscreen head unit with built-in navigation system, rear view camera, Active Info Display gauges, and a panoramic sunroof.

The "Highline" variant is sans the sunroof and with slightly less tech, but still equipped with standard issue 3-zone Climatronic Air Conditioning, Park Distance Control, XDS Differential Lock, "Keyless-Go" Entry (KESSY), 8-speaker Audio System, and iPod, USB, and Bluetooth Connectivity.

All the Passat units shall be coming straight from Germany to Volkswagen showrooms in the Philippines, and shall be available after the October 21 official launch.

The available exterior/interior color combinations of the Passat are crimson red/St. Tropez, oryx white or iridium grey metallic/titanium black, and deep black pearl or black oak brown/natural brown.

For more information on the Passat and other Volkswagen models, visit [www.volkswagen.com.ph](http://www.volkswagen.com.ph), drop by one of the dealerships/satellite offices located at Bonifacio Global City in Taguig; Quezon Avenue in Quezon City; Greenfield District Service Center at Sheridan Street in Mandaluyong City; Molito Lifestyle Building in Alabang, Muntinlupa; and North Reclamation Area in Cebu City.



# Aston Martin Manila opens its doors in Taguig

Yet another British luxury car brand has officially set foot in Manila, and this time it goes by the name Martin, Aston Martin. Made popular by the James Bond franchise, the brand that was founded in 1913 continues to build iconic sports cars and grand tourers to this day.



(from left) Jason Soong-director, Aston Martin Manila; Daniel Redpath-marketing and PR manager, Aston Martin Asia Pacific; Marc Tagle-chairman and president, Aston Martin Manila; Patrik Nilsson-regional director, Aston Martin Asia Pacific; and Marc Soong-director, Aston Martin Manila.



Handling the distribution and importation for Aston Martin Manila is DBPhils. Motorsports Incorporated, a company set up by businessmen Marc Tagle and Wellington Soong, both no strangers to the local automotive market.

At the media launch, Tagle announced the introduction of the full range of Aston Martin sports cars—from the track-inspired Vantage, the timeless DB9 and elegant four-door Rapide S, to the ultimate in sporting luxury the Vanquish. In an interview, he confirmed that orders have been taken on models even before the official opening of the dealership, including the 100-unit limited production Vantage GT12.

"The luxury car segment is steadily growing in the Philippines and I am very happy that Aston Martin enthusiasts will now be able to enjoy ownership of these exclusive luxury sports cars," Tagle said.

Welcoming the announcement of the new dealership in Manila, Aston Martin Asia Pacific regional director Patrik Nilsson said "The economic growth in Asia Pacific represents a huge potential for the brand. I am very pleased that we have found the perfect partners in Manila who share our passion for Aston Martin. This expansion will surely strengthen our network."

The new state-of-the-art showroom will also offer door-to-door pickup and delivery services for

maintenance and repairs of customers' vehicles. Owners can rest assured that only Aston Martin-certified technicians, using the brand's latest diagnostic equipment and tools, will maintain their cars. "We will welcome all Aston Martin owners at our new state-of-the-art aftersales facility, including those who imported their cars prior to our official presence. This will be a new start for existing Aston Martin customers," Tagle added.

The Aston Martin Manila showroom is located at G/F W Fifth Avenue Bldg., 5th Ave. corner 32nd St., BGC, Taguig.





(from left) Toyota Motor Philippines executives Yohei Murase, external vice president; Michinobu Sugata, president; Dr. David Go, senior executive vice president; and Ariel Arias, senior vice president.



#### Some of the new features of the Avanza include:

- Redesigned headlamps, grille, and bumper with integrated fog lamps and lower grille.
- Darker and more sophisticated shades of brown and gray
- Eco-indicator
- Navigation-ready touchscreen display for G variants

Safety features of the Avanza include side door impact beams and SRS airbags, and all variants now include ABS with EBD, as well as child restraints (isofix + tether anchor).

#### Pricing is as follows:

1.3J MT	PHP 667,000
1.3E MT	PHP 756,000
1.3E AT	PHP 797,000
1.5G MT	PHP 869,000
1.5G AT	PHP 910,000

# Toyota launches New Avanza

**Toyota Motor Philippines (TMP) unveiled the new and improved Avanza, the brand's best-selling compact multi-purpose vehicle which has sold over 50,000 units nationwide since its introduction in 2006.**

In his welcome remarks, TMP president Michinobu Sugata said "we first introduced this vehicle to local shores back in 2006. Just like all the other models in Toyota's line-up, it has been warmly welcomed by the public not just because of its already known features of quality, durability, and reliability, but also because of its functionality and overall value. True enough, it has sold over 50,000 units nationwide since then, making it clear that it is definitely one of the preferred choices in its segment."

The new Avanza sports a new engine that promises more power, improved fuel efficiency, and an enhanced level of suppressing NVH (noise, vibration, harshness) for a more comfortable ride. It is available in a 1.5 or 1.3 Liter Dual VVT-I 4-cylinder in-line 16-valve DOHC engine that produces a maximum output of 104Ps @ 6000rpm and maximum torque of 136Nm @ 1600 to 4200rpm for the higher displaced engine.



The new Avanza comes in a refreshed color line-up: nebula blue metallic, black metallic, grey metallic, silver mica metallic, beige metallic, and white.

For more information on the New Avanza, log on to [www.toyota.com.ph](http://www.toyota.com.ph) or any of their 46 authorized Toyota dealerships nationwide.



# Toyota Vios Cup 2015 Manila Leg

**Manila-folk finally got to experience the Vios Cup fever when the penultimate leg of the 2015 Vios Cup was held at the SM Mall of Asia grounds last September 5 and 6. Dubbed as the Manila Bay Circuit, the AAP-approved track hosted almost 50 cars that battled it out in the Celebrity, Sporting, and Promotional classes.**

Using a portion of the roads of the SM Mall of Asia grounds, the organizers were able to close off a 1.6-kilometer track composed of sharp turns and long straights that were dotted with chicanes to control speeds. One of the objectives of the Vios Cup is to revive Philippine motorsports by bringing the races closer to the people. The race at the Manila Bay Circuit did just that because spectators on the ground were able to watch the cars speed by behind specially constructed safety barriers that enclosed the track.

In a statement, Toyota Motor Philippines (TMP) president Michinobu Sugata said "I am thrilled that more fresh talents are showing interest and support to bring

back the life of Philippine motorsports! From the beginning, we have always envisioned the Vios Cup to be a grassroots racing competition wherein racers of all ages can learn what motorsports is all about. This leg of the Vios Cup in Manila is truly a testament of Toyota's continued thrust to revive motorsports in the Philippines."

The 2015 Vios Cup is in partnership with Bridgestone and Rota, and is supported by Motul, TRD, Brembo, Denso, AVT, OMP, and Tuason Racing.

The last leg of the Toyota Vios Cup is scheduled to happen in November at the Subic Freeport. To view the complete set of results, as well as the overall standings, visit <http://www.toyota.com.ph/vioscup>



## Round 3 Results

### Sporting Class Race 5

- 1st - Estefano Rivera (Toyota Alabang)
- 2nd - Andres Calma (Toyota Alabang)
- 3rd - Bobby Domingo (Toyota Alabang)

### Promotional Class Race 5

- 1st - Miguel Diaz (Toyota Alabang)
- 2nd - Lord Seno (Toyota Cebu)
- 3rd - JV Ejercito (Toyota North Edsa)

### Celebrity Class Race 5

- 1st - Phoemela Baranda
- 2nd - Jinno Rufino
- 3rd - Fabio Ide

### Sporting Class Race 6

- 1st - Estefano Rivera (Toyota Alabang)
- 2nd - Daniel Miranda (Toyota Balintawak)
- 3rd - Bobby Domingo (Toyota Alabang)

### Promotional Class Race 6

- 1st - Miguel Diaz (Toyota Alabang)
- 2nd - Alexis Salvador (Toyota San Fernando)
- 3rd - Mitch Sugata (TMP)

### Celebrity Class Race 6

- 1st - Sam YG
- 2nd - Phoemela Baranda
- 3rd - Jinno Rufino

# Car Awards Group, Inc.

## Launches 2015 COTY-P and TOTY-P Testing Season

The Car Awards Group, Inc. (CAGI), the country's premier automotive award-giving body, has formally launched their 2015 Car of the Year-Philippines (COTY-P) and Truck of the Year-Philippines (TOTY-P) testing season, at ceremonies held at the Manila Polo Club.



In behalf of DOTC Secretary Joseph Emilio Abaya, Undersecretary Alfonso Tan, Jr. served as the launch's guest speaker who talked about reforms in the LTO and how it was affecting the automotive industry. Also present were representatives from the automotive industry, as well as partners and special guests of the Car Awards Group.

"The Philippine automotive industry has been enjoying robust sales for the past year, with some manufacturers breaking all-time records for number of vehicles sold. More than ever, potential buyers are looking for reputable sources to guide them in making informed choices when purchasing vehicles," said Robby Consunji, president of the Car Awards Group, Inc. "Independently recognizing the best vehicles in each class without the sway of advertising revenue is CAGI's contribution to raising public awareness. Our diverse membership from

different media platforms has always guaranteed impartial results," he added.

Established in 2004, the Car Awards Group, Inc. is an organization of motoring journalists from the country's premier print, broadcast, and online publications. Since its incorporation, the group has strived to find the best vehicles in the country through comprehensive testing involving quantitative and qualitative analysis of the vehicle's performance, design, safety, value and other relevant factors.

The 2015 testing season is open to all "all-new" or "significantly updated" vehicles launched to the local market from October 2014 to October 2015. For purposes of definition, "significantly updated" refers to vehicles that have had significant mechanical or electronic changes to the powertrain, drivetrain, suspension, or activity

systems that affect the way they drive or operate. Testing dates are scheduled to take place in October at the Fontana Hot Spring Leisure Parks & Casino in Clark Field, Pampanga, followed by a golf tournament and an awarding ceremony to be held on November 13, 2015 to coincide with the Fontana Clark Auto Motorama 2015 to be held from November 13 to 15, 2015.

The 2015 Car of the Year-Philippines is made possible by event partners Fontana Hot Spring Leisure Parks & Casino, and R. G. Manabat & Co. / KPMG, and sponsors the Manila International Auto Show, Worldbex Services International, Manila North Tollways Corporation, North Luzon Expressway, SpeedLab, Columbia Sportswear, Eleksis Marketing Corporation, and LG Electronics. Media partners include BusinessMirror, Malaya Business Insight, Manila Bulletin, and The Philippines Star.



Fontana Hot Spring Leisure Parks & Casino chief executive officer Manuel Sequeira and Car Awards Group president Robby Consunji formalizing Fontana and CAGI's partnership for the 2015 COTY-P and TOTY-P season.



# Maagang Pamasko Combo Regalo 2015



*Smash* 115.



SUZUKI *FI*<sup>FUEL INJECTION</sup>  
RAIDER *SPORT*



GET  
THESE!



COMBO  
REGALO



SUZUKI HELMET

SUZUKI JACKET



SUZUKI HELMET

SPALDING  
SPORTS WATCH

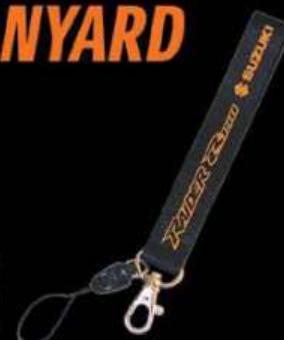
**SUZUKI**

**Maagang Pamasko  
Combo Regalo 2015**

**RAIDER R150  
Premium Color**



**PLUS!  
RAIDER R150  
LANYARD**



**GET  
PREMIUM  
COLOR  
JACKET**

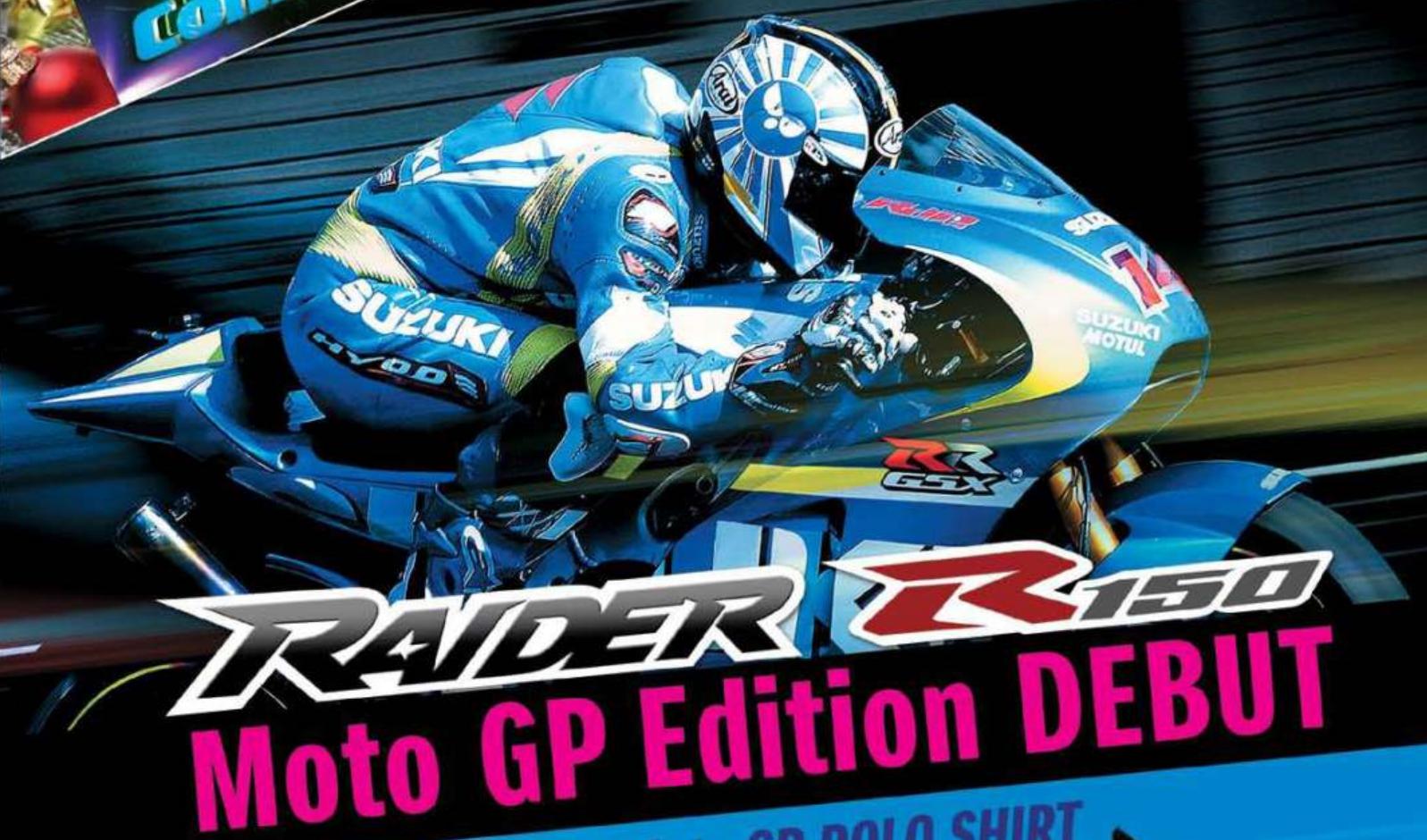
Promo period: September 1, 2015 to December 31, 2015  
Per DTI IV-A Permit No. 08-347, series of 2015



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NEW SUZUKI PREMIUM COLOR MODELS  
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**Maagang Pamasko  
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RAIDER R150  
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Promo period: September 1, 2015 to December 31, 2015  
Per DTI IV-A Permit No. 08-347, series of 2015

# BYD Opens Batangas Dealership



(from top left, clockwise) Areza Motor Sales president Cesar Gabriel Areza, BYD Batangas general sales manager Doroteo Abiertas, Areza Group of Companies chairman Cesar Areza, Areza Group of Companies VP for Finance Lolita Areza, BYD Auto senior regional manager for Asia-Pacific auto sales division Benjamin Zhao, and STAR Corp. managing director Mark Andrew Tieng.

Solar Transport and Automotive Resources, Corp. (STAR Corp.), the exclusive distributor of BYD vehicles in the Philippines, recently opened its newest dealership in Concepcion, Batangas with an additional showroom in San Pascual, Batangas. The newly opened dealership will cater to the needs of customers from the Batangas, Laguna,

Quezon and Cavite areas, offering sales, service and spare parts for BYD cars.

"We are looking forward to seeing more and more BYD vehicles in the country. With a growing dealer network such as the Areza Group of Companies that has more than 25 years of expertise in

automotive, our customers can rest assured that their BYD will always be in great shape," said Mark Andrew Tieng, STAR Corp. managing director.

The Areza Group of Companies, under the leadership of its chairman Cesar V. Areza, is the driving force behind the BYD Batangas dealership. The company has been in the automotive and motorcycle business for more than two decades, and is a well-known as a distributor of automobile and motorcycle products in the provinces of Laguna, Batangas, Quezon and Cavite. "We welcome this partnership with the Areza group, which we hope will contribute to furthering the awareness and acceptance of the BYD brand in territories the Areza Group is present in," Tieng added.

With its established network of dealerships and allied businesses, the Areza Group will play an important role in increasing sales and, more importantly, expanding the after-sales service reach of BYD outside of Metro Manila, especially in the Calabarzon area and its neighboring provinces.

"We are pleased and excited to be part of BYD in the Philippines. When we learned that successful American business magnate Warren Buffet owns 10 percent of the car company, we happily said yes to STAR Corp.," said Areza.

For inquiries and details about BYD and its dealership network, you can call (02) 533-8888 or drop by the BYD Corporate Center at 312 Shaw Boulevard, Mandaluyong City or just visit their website at [www.byd.com.ph](http://www.byd.com.ph).

## Isuzu and TESDA confirm technical graduates; welcome new trainees



IML senior counsellor Yoshinori Ida and his wife Mikiko together with the Batch 8 graduates.

Isuzu Motors Ltd. (IML) Japan, in cooperation with the Technical Education and Skills Development Authority (TESDA) and World Vision Philippines, has recognized 14 new graduates from the Tacloban Isuzu-TESDA Technical Training Center last August 24. The students have successfully completed the

National Competency Certification Program as administered by TESDA's regional arm in Leyte.

Since its inception, the project has had a huge impact in the lives of its graduates, with most now working in service centers here and abroad. 22-year-

old class valedictorian Jhon Moscosa of Eastern Samar is one such success story.

According to him, even if there was a long pause in his training due to Typhoon Yolanda, he still chose to continue the program as he believes it will help him land a better job. He said that he is now sure of his future and is happy that he can now support his parents back in Samar.

Even before their graduation, the students have already been pre-qualified to work in different Isuzu service centers throughout the country. In fact, most of them have already secured service technician positions in Isuzu dealerships as well as in Isuzu Autoparts Manufacturing Corporation.

"All they needed was the opportunity for an education; we gave them that opportunity and in return we can see that they are helping themselves uplift their status in life" said IML senior counsellor Yoshinori Ida. "We are very proud that most of our scholars now are living a more comfortable life. We hope to continue this endeavour for as long as possible" he added.

In line with the ceremony, the training center welcomed 18 new hopefuls in its 12th batch of trainees to undergo the same NC I-IV certification program. According to TESDA Region VIII director Cleta Omega, TESDA is in the process of improving the program by offering a fifth and final diploma course which will focus on supervisory and managerial skills.

# Pilipinas Hino, Inc. rebrands as Hino Motors Philippines Corporation



(from left) HMP executives Mario Regala (VP-manufacturing), Felipe Barroga (VP/comptroller), Koji Ota (assistant to the president/Director/VP-marketing), Vicente Mills, Jr., (chairman/director), Hiroshi Aoki (president/director), Augusto Salcedo (VP-general sales manager), and Susumu Myokan (VP treasurer/director).

In an effort to gain more of the commercial bus and trucking market, 40-year old Pilipinas Hino, Inc. (PHI) has taken on the mantle of Hino Motors Philippines Corporation (HMP). The rebranding was brought about by a new joint venture agreement giving partners Hino Motors, Ltd. and Marubeni Corporation of Japan majority control over HMP with 70- and 20-percent shares

respectively, with Filipino partners getting 10-percent of the pie.

Present during the corporate re-launch at the New World Hotel were the top brass of HMP led by chairman Vicente Mills, Jr., Hiroshi Aoki (president), Koji Ota (VP/marketing and assistant to the president), Susumu Myokan (VP/treasurer),

Augusto Salcedo (VP/general sales manager), Felipe Barroga (VP/comptroller), and Mario Regala (VP/manufacturing).

The event was also attended by Masakazu Ichikawa, chairman of Hino Motors, Ltd.; Michihiko Ota, vice chairman of Marubeni Corporation; Kazuhide Ishikawa, Japanese ambassador to the Philippines; Ma. Corazon Dichosa, director /BOI-Investment Policy and Planning Service; and Atty. Winston T. Ginez, chairman of LTRB.

"The upward momentum of our economy, plus the rapidly increasing consumer demand and growth potential of the commercial vehicle market as evidenced by Hino's spectacular sales performance in 2014 made the corporate transition of PHI to HMP very timely," said Salcedo.

HMP is looking to improve production figures from 150 trucks/buses every month to 350 units per month. Other significant developments in the pipeline include revitalized direct marketing operations (increasing its current 15 full-line dealers in the country) and strengthened "One Stop Shop" operations with its own Body Manufacturing and Maintenance Shop located in its facility in Canlubang, Laguna.

"These and more can be expected to commence as part of our growth strategies. We are also in the process of developing a more robust five-year plan," added Mills.

Prior to the new joint venture, PHI was able to record a 20-percent market share in January to July 2015, a 6-percent growth year-over-year.

## Yamaha unveils all-new SZ and Sniper 150 MXi in Davao



Yamaha Motor Philippines, Inc. gave Davaoeños a treat as they launched the all-new SZ and Sniper 150 Mxi during the final leg of the Yamaha International Motor Show last August 27 to 30. The brand new Sniper 150 MXi has been a hotly anticipated ride locally ever since it launched in other countries.

The motorcycle boasts cutting-edge design and excellent performance inspired by the brand's R-series racing standard.

Meanwhile, the SZ has been made sportier and grittier, with an upgraded fuel-efficient engine giving riders a tough and bold steed.

Yamaha's proprietary Blue Core Engine models were also on display during the motor Show, including the Mio i 125 and Soul i 125. Also featured was the Big Bike category to be made available later this year. The Off-Road Category's Serow 250 and XTZ 125 which are perfect for beyond the asphalt adventures; Yamaha's power products and generators; and the Automatic Category roundup the cast that visited Davao.

Davao's own KZ Tandingan gave guests a performance that entertained everyone in her hometown in a fun-filled set of days that also included special guests Robi Domingo and Jessy Mendiola.



The Yamaha International Motor Show is a celebration of the brand's technology, quality, and superiority.

# Honda joins Motorsiklo Xklusibo sixth anniversary celebration



Motorsiklo Xklusibo celebrated its sixth anniversary last August 30, 2015 with a blast together with partner motorcycle brands and sponsors, along with 5,000 riders nationwide.

The event was attended by Honda riders from regions as far as Mindanao. Some even came a day before the event to witness and be part of the worthwhile anniversary. Honda riders were provided with unique Honda activities and goodies, including free fishballs, squidballs, chicken balls, and kikiam, as well as free coffee. The guests were also able to go into the Honda VIP Lounge with a photobooth and roving photographer for their souvenir snaps. Free items were given to those who subscribed to the official fan page of Honda; and a dance show down to entertain the Honda riders were some of the additional festivities arranged by the brand.

The celebration ended with Motorsiklo Xklusibo's motorcycle raffle draw, wherein Riza Sarmiento of San Jose del Monte, Bulacan was able to go home with a Honda BeAT-Fi.

Honda acknowledges the participation of all the rider clubs and sincerely thanks the organizers of Motorsiklo Xklusibo's sixth anniversary celebration for giving them a chance to be part of their event.



## Honda holds TMX Supremo Ratsada Caravan



In accordance with the launch of the TMX Supremo last July 30, 2015, Honda Philippines Inc., in cooperation with its accredited dealers in Rizal, conducted the 2nd Generation TMX Supremo Ratsada Caravan. As part of the program, members of the province's various Tricycle Operators and Drivers Association (TODA) were treated to fun activities hosted by DJs Lala Banderas and Maria Morena of 101.1 Yes FM.

The newest TMX Supremo sports a modern engine design and style, a new, slimmer fuel tank design,

and new dual flat seats appropriate for new and old tricycle drivers. The side cover has been improved with the application of polypropylene plastic material with security lock. Additionally, attaching a sidecar is made easier thanks to pre-installed 3-point factory sidecar connectors.

Besides a TMX Supremo display, participants received a free seminar regarding Honda's products and services, a spare parts and preventive maintenance talk, free service check up for Honda motorcycle owners, demo on sidecar attachment,



and a chance to test drive the latest Honda business model.

Honda Philippines, Inc. will continue the caravan's fourth leg at Siniloan, Laguna on September 19 and onwards to Batangas and soon around the NCR area.

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# Understanding Camera

Words by Chris Noel Hidalgo | Photos by Benedict Asal

**ISO. You've seen it used alongside food products, factories, schools, and even tea brewing, all with numbers that mean little to the average consumer. It's also on your camera's shooting menu, usually with figures ranging from 100 to 6400—more if you have a particularly robust snapper. Are the two one and the same? What gives?**

"ISO" was adopted as the mark of the International Organization for Standardization, and was derived from the Greek word "isos" meaning "equal." It's meant as a world standard for the specification of anything from physical wares to services, so that an item from one side of the globe is qualitatively equal compared to the same across the sea.

Answering the questions above, the camera's ISO\* rating signifies how light sensitive the sensor is, therefore affecting your photo's exposure. It is expressed in geometric stops—100, 200, 400, 800, 1600, and so on—and by going from one to the other, the image exposure is increased/decreased by a factor of two. In practice, ISO 200 lets in twice as much

light as ISO 100, and ISO 1600 is 16 times more light-sensitive than 100.

This, along with shutter speed and aperture, is one of the three camera settings that you'll have to be thoroughly familiar with if you hope to take your manual photography skill up a notch. And don't worry; the ISO standard is followed by all brands, doing the same throughout—bringing more light into your life, erm, pictures.

## ISO what you did there

Understanding camera ISO by its textbook definition is actually quite simple. Low ISO numbers (100 up to 400) mean the sensor won't be letting much light in while going with higher settings mean you're getting as many photons

as possible. The former is ideal when you're shooting in a well-lit environment, while the latter makes dim light photography a breeze.

However, increasing the ISO count has nasty consequences, with the two usual victims being image noise and color accuracy. You won't see much imperfection when you're viewing your shots through your camera's tiny, 3-inch screen, but transfer your files to a high-resolution monitor and you'll be greeted by noise and color splotches. Those are inevitable as the sensor's working overtime just to get in more detail, and unless you have some studio lights sitting around (or if you're the sun god Ra), you'd have to make do with a little grain on your parade



# ISO

## Utilizing the right ISO

Unlike shutter speed and aperture, you'll only have to tweak ISO settings when you aren't getting the shot you want because you've run out of f-stops, and you can't risk motion blur caused by too slow a shutter—a last resort, if you will.

Being the final option, it would be best not to go with the Auto ISO setting as the camera may over- or undercompensate for the lighting condition. Rather, open up that aperture, drop the shutter speed to a comfortable amount (some people swear by 1/80 and 1/50; you can go slower with a tripod or hands of steel) and set the ISO to 800, going higher if needed.

If, for example, you're shooting at 1/50 and ISO 800 and find some slight motion blur, crank that ISO to 1600 and go with an even faster 1/25 shutter for sharper outputs. Always remember that if you increase ISO by one step, you can lessen shutter speed up to two times to compensate for overexposure.

While it sounds simple, the proof is in the pudding. It takes some practice to actually master blending the three pillars of exposure and you're going to be fine-tweaking each and every shot you make to arrive at a winner that's straight out of the camera. We'll talk about how to actually mix and match shutter speed, aperture, and ISO in a future article but for now, just remember that aperture is top priority, next is shutter, and when all else fails, go to ISO.

\*ISO doesn't actually refer to the light sensitivity of sensors which have fixed sensitivity. It really refers to the brightness of what you see through the viewfinder vis a vis the final output. ISO has more to do with the camera's image processing capabilities, i.e. with ISO 100, the camera won't do too much voodoo after you click thereby lessening noise; but with ISO 3200, the light is amplified so the details which the sensor failed to pick up stick out like a sore thumb.

TL;DR: it's easier to explain ISO through sensitivity.



ISO 100



ISO 400

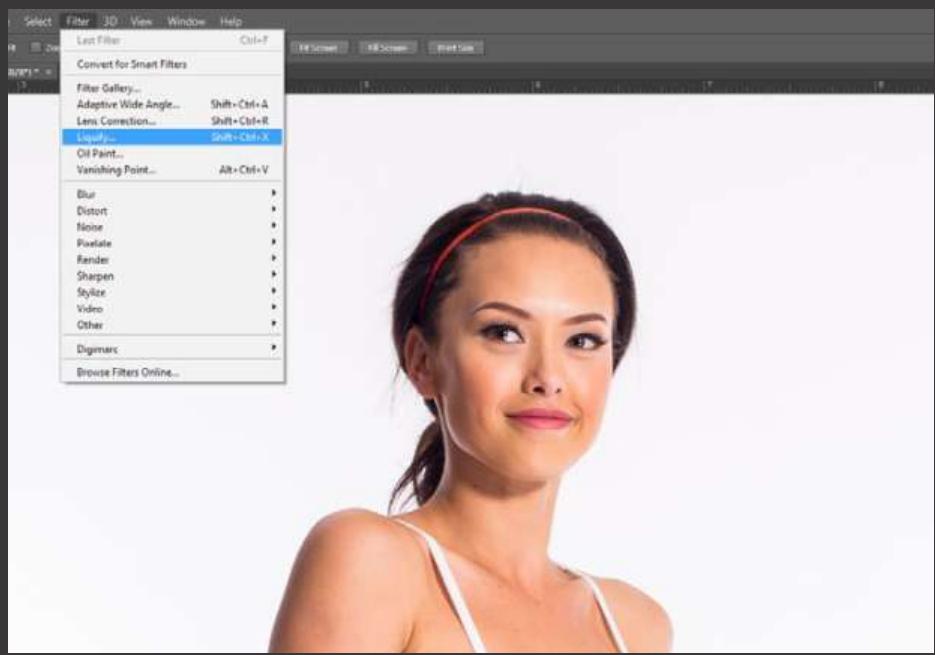
# Getting Slimmer with Photoshop

Words by Jonah Mendoza

**This generation has people that are absolutely obsessed with losing weight. Instead of the traditional workout plus healthy diet, many folks have resorted to desperate moves to rid themselves of unwanted pounds. Fad diets have come and gone—juicing for days that supposedly detox and expel all the toxins in your body; specialized meal plans that avoid a certain kind of food like meat, rice, sweets, processed food, dairy products; and many, many more. Unique workouts have also come to the fore, each promising fast results in just days with intense sets of exercises over a short amount of time. You've got circuit training, the *T3* workout, *Insanity*, *Crossfit*, and others. This is also the generation that popularized insane body-image trends like "sex cuts", the thigh gap, and protruding collarbones. For guys, having Apollo's belt, 6-pack abs, and ripped arms all contributed to making many personal trainers rich.**

Admit it or not, not all of us are blessed with the perfect hourglass figure or ideal vital statistics. While working out and dieting works, there is a one sure slimming regimen that will just take you at least five minutes to get the dream body that you want—*Photoshop*.

Today, we will show you how you can alter the specific target areas of "excess baggage" in the most common problem areas: the face, legs, stomach, and arms.



## For the face:

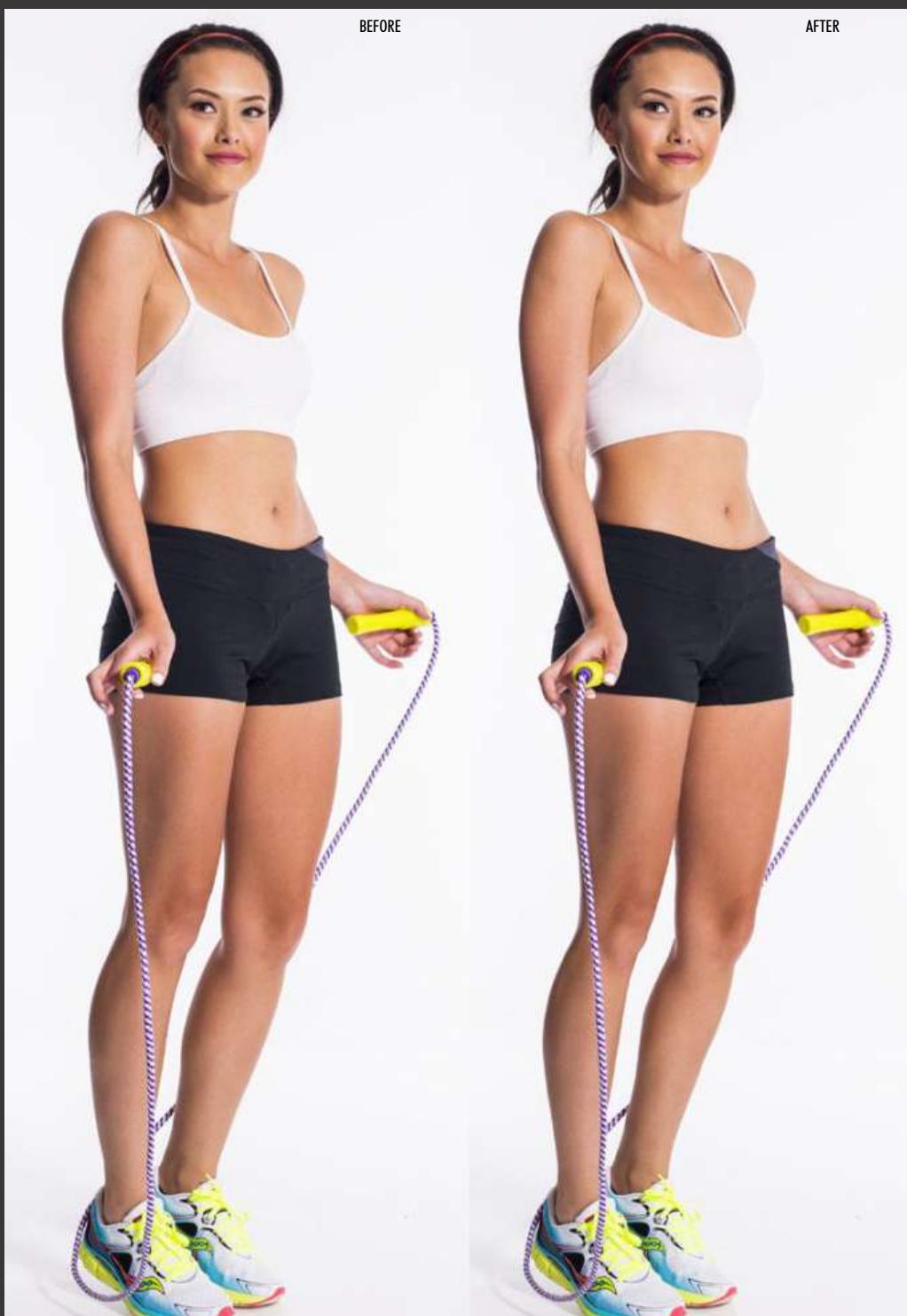
1. Open the chosen picture in *Photoshop*, determine which area of your face you would like to reduce.
2. Click "Filter," followed by "Liquify," and then hit the "Forward Warp" tool, typing 150 in the "Brush Size" text box. Remember, the number you put in the Brush Size textbox will be the size of the tool in pixels. Click a point on the outside of the face, then hold and drag the cursor moving inward to make the face narrower. Repeat the process until the desired size is obtained.
3. Remember to check the dimensions (and the background) to avoid having obvious discrepancies in the picture.



It is pretty much the same procedure for the legs, stomach, and arms, just don't forget to alter the background of the picture to avoid the telling appearance of curved walls or floors.

**For the legs, stomach, and arms:**

1. Open the chosen picture in *Photoshop*. Next, duplicate the background layer by clicking Layer > Duplicate layer.
2. Click "Filter," followed by "Liquify." Position the cursor against your waistline or the outermost part of your leg or arm, then click the left mouse button, hold and drag the mouse directing inward toward the center part of your stomach, arm or leg to make it appear slimmer. Just like the procedure in slimming your face, you can adjust the brush size and pixels.
3. In case you end up pulling your background and causing it to curve unnaturally, use the clone tool to clone the part of the background that is not affected by the distortion to make it seamless.



It might not be the ideal method for getting slim, but you have to admit it's got to be the simplest one. It might take a while to get it done right, but it shouldn't be too hard, even for *Photoshop* newbies. Heed this advice, and be ready to wow your Facebook friends with your new, model-esque bod.

# AUDIO DEVICES FOR WORKING OUT

Words by Mia Carisse Barrientos

**Our bodies react to music in many different ways. In most situations, music increases focus and helps boost one's performance while at work, studying, or pumping iron at the gym.**

As many gym-goers know, the success of a workout largely depends on how motivated you are during the routine. What better motivator is there than adrenaline-charged music? However, in nature, we easily get distracted by all that's happening in the background. Our concentration is likely to be killed by loud talking noises, an earbud falling out while on the treadmill, or a speaker that dies mid-routine. And rather than nailing a killer routine, your focus is fixed on resolving the frustrating matter at hand. Then again, none of the aforementioned would happen with a trusty audio device at your disposal.

#### **Headphones**

Given you already have a smartphone or an audio playing device, all you need now is a pair of sweat/water-resistant, no-slip headphones that are either wired or can stream wirelessly.

Some of these headphones come guised as sports gear while others can be easily found in audio sections of department stores. For running and other dry workouts, you can go for in-ear headphones that slide on easily, are comfortable, and won't fall out no matter the intensity of the routine. You can also opt for sports Bluetooth headphones so you can stream music without wires getting in the way of your workout.

There are earbuds designed with hangers that snugly cling behind the ears and can be adjusted to the wearer's preference. The Powerbeats2 is among the best wireless sports earphones available in the market

with its powerful sound output, Bluetooth connectivity, sweat-proof design, and pliable ear hooks for a better fit. Meanwhile, earphones from Yurbuds sport a twist-lock technology that fit the silicone tips in your ear which secures the buds in place. In support of this, I use a Yurbuds base model earphones and it really doesn't fall out except for when you pull it intentionally.

If you're willing to shell out a bit more, you can go for an earpiece that is totally submersible, but is still able pump out powerful beats to energize your workout further. For those who prefer swimming over running, there are a lot of IPX7- to 8-rated earphones in the market you can readily take with you into the deep blue. Now when streaming just won't do, you can go for Sony's NWZ-W273s Walkman, which is an MP3 player with built-in earphones, readily available 4GB of storage, and up to 8 hours of music playback.

#### **Speakers**

The world is a big place that offers so many workout places other than the gym. And as we love our routines accompanied with music, portable speakers are the way to go when working out in the great outdoors—or spacious indoors. Portable Bluetooth speakers come in handy when wired earphones restrain you from letting your body loose on, let's say, exercises such as yoga, Zumba, or dancing.

You'd want a speaker that can stream music wirelessly and whose sound output won't get drowned out by background noises. You will also want a speaker that is rugged with water-, shock-, and dust-proofing, can play music for hours on end, and is travel friendly. We've featured brands such as Braven, Nyne, NudeAudio, JBL, among others that offer a slew of ruggedized audio products guaranteed to blast music outdoors.



**"Looking to improve your fitness routine? Stop allowing sloppy audio gear prevent you from getting the best from your workout. Pump up your routine with these sound machines that would keep the beats flowing."**



## What's new in iOS 9?

Words by Ren Alcantara

**iOS 9 has landed. If you're one of those on the fence about updating your i-device, read on. The new OS gives more than a few helpful upgrades and optimizations, letting you get the most out of your favorite device.**

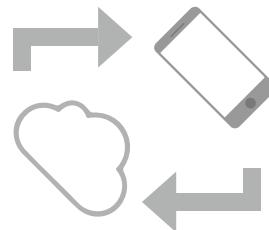
### Note

Some apps have been given a boost to their usability. You can make to-do checklists, attach photos, maps, or links to items created in the Note app, and if you really need to, you can now draw a quick sketch within the note. The app syncs with your iCloud account, so it will always be within reach, no matter where you find yourself. You can even create to-do lists right from the app—just tap and you're off!



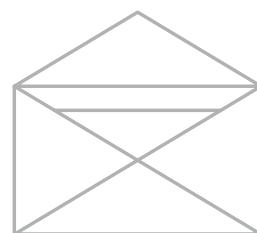
### The Cloud

iCloud Drive is now better than ever and built into the OS. You can now easily search your device for the particular file you're looking for. It's also integrated with other apps in the ecosystem, making for a simple, easy way to sync across devices, without you having to lift a finger.



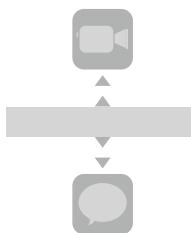
### Mail

iOS 9 has the best Mail app ever. Just like Note, you can attach drawings, make comments, or slap on a signature with ease. Need to send a file? iCloud integration lets you grab a file, and send it with a few easy taps. You even have better search options, so you can find emails based on subject, sender, recipient, or some combination of those.



### Multitasking

It's with much joy that multitasking has finally landed on iOS. Want to be able to check your email while keeping a browser open? Sure, you can do that now with a quick slide of your finger. Once you're done, you can just flick it away and go back to what you were doing prior. You can also go into split view, which gives your apps equal use of screen real-estate. Who says you can't do two things at once?





## Picture-in-Picture with Facetime

While in a Facetime call, you can tap the home button to bring the Facetime window to a corner of the screen. You can then open up another app and work on that, without having to drop the call.



## Easier text input and manipulation

Selecting text works much better in iOS 9. You can now use two fingers, and swipe to select and move text on the screen. A new shortcut bar now gives you quick, easy access to editing options, including formatting options, with just a few taps on the on-screen keyboard.



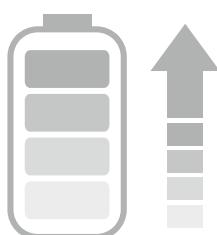
## Search

Search has gotten smarter and more useful. The search screen now looks at App usage, learning which apps you use at a given time, and floating that on top of the search screen. This same function also applies for commonly used contacts, including those with whom you have upcoming meetings.



## Better performance

Battery optimizations and more manageable updates are also key to the iOS 9 environment. It's also built to be faster, more responsive, and compatible with a wide array of iOS devices. Apple has also included better security options in the OS, including six-digit passcodes, and two-factor authentication to keep your device and information safe.



# WATTPAD IS THE GO-TO APP FOR READERS AND WRITERS

Words by Mia Carisse Barrientos

Art by Theresa Eloriaga

**Enter the female section of the MRT and you'll probably see a number of passengers, eyes glued to their devices, reading. Look closer and you'll find out they're reading a story from Wattpad. Wattpad, what? This app, available for free on the web, Google Play, and Apple App Store, allows users access to a wide variety of literature, from classic titles to stories written by Wattpad users across the globe, by simply signing up.**

This platform, which started from its co-founder Allen Lau's love of reading, soon became an in-demand app with millions of users and is still growing by the day. Wattpad, based in Toronto, Canada, offers stories in over 50 languages and connects its community of readers and writers through its various communication features.

A year after it was launched globally, Wattpad had 80 registered users in the Philippines and now the platform has recorded over 5-million Filipinos using the app. This makes the Philippines the second largest Wattpad community in the world. From the pool of Filipino-made stories, more than 500

have been published some of which were made into TV shows and adapted into high-grossing movies such as *She's Dating the Gangster* and *Ang Diary ng Panget*. Additionally, corporations are also turning to Wattpad to bolster campaigns and further reach a wider audience. One example is the success of Eskinol's mini-series, *Face the Day*, which was also turned into a web series uploaded on YouTube with millions of views. The campaign boosted Eskinol's sales by 14-percent, further proving Wattpad's popularity in the country.

"In the Philippines, Wattpad is synonymous with entertainment," said Lau. "Wattpad stories have captured the hearts of Filipinos and have

spread beyond the app. Today many of the most popular books, movies, and primetime television shows in the Philippines are based on Wattpad stories. When entertainment reflects a variety of interests and experiences, it can spread like wildfire—we see this happen every day on and off Wattpad."

Allen Lau, CEO and co-founder of Wattpad, was in Manila to attend the 36th Annual Manila International Book Fair (MIBF). On September 20, the platform hosted a panel at the MIBF with local Wattpad authors sharing their insights on literary writing and experiences when their works turned into shows and movies. The panel, From Keyboard to the Big Screen, featured Allen Lau along with top Filipino Wattpad writers: SGWannaB, *She's Dating the Gangster*; llurvbooks, *The Bet/Just the Way You Are*; Owswic, *Diary ng Hindi Malandi*; Blue\_maiden, *I'm in Love with a DotA Player*; Maxinejiji, Poser; Pajama\_addict, *Mistakenly Meant for You*; and Beeyotch, *How to Break Up with the Bad Boy*.

## Watty Awards

Wattpad also recently teamed up with Smart Communications, through its value prepaid brand Talk 'N Text, to expand the annual Wattys Awards, a program that recognizes the best Wattpad stories. Two new Wattys categories have been added, namely the Best TNT Panalo Story and Talk 'N Text Ka-Tropa Favorite; the categories were Filipino-exclusive awards.

The deadline for entries is set for October 30, 2015. The Talk N Text Ka-Tropa Favorite category winner will be selected via SMS voting between November 2-12, 2015. All winners will be announced later in November.



Allen Lau, CEO and co-founder of Wattpad sharing how the service started.



Allen Lau together with Wattpad ambassadors.

Rx

# FIND THE RIGHT DOCTOR

Words by Maribelle Alba  
Art by Theresa Eloriaga

**Asia's largest healthcare platform, Practo, is now in the Philippines, with two award-winning products: Practo Search and Practo Ray.**

## Practo Search

*Practo Search* aims to list all the healthcare professionals in the Philippines, and to make sure that the data is reliable, its team combs through the streets to verify and list all the doctors on Practo for free. To date, Practo has a listing of over 11,000 doctors across all 17 cities in the Greater Manila area. This is over 70 percent of all doctors in the region, making Practo the largest among such databases in the country. Practo verifies and lists doctors for free; it does not charge consumers or doctors to find, book, or receive appointments.

Consumers can search through Practo's verified database of healthcare professionals to find the right doctor. You can search using the doctor's name, specialization, or even symptoms. When you get results, you can click through the profile for each professional or establishment to find out more details such as years of experience, qualifications, affiliations, and specializations. You can also see clinic photos and get their GPS locations.

## Practo Ray

*Practo Ray*, on the other hand, is an app to help doctors and clinics manage their practice. A cloud-based practice management solution, it simplifies scheduling, billing, and inventory management for doctors. It also helps create digital health care records and prescriptions so consumers will always have their healthcare history available from within the app. *Practo Ray* is available for an annual subscription starting at PHP 2,200 a month.

In the next few months, Practo will be expanding to completely cover Cebu, Cavite, and Batangas. It is also expanding its product lines to cover more healthcare segments including wellness, fitness, medicine, preventive, and curative, to ensure that consumers have a single app they need for all their healthcare requirements.



"We are thrilled to launch in the Philippines and simplify healthcare experience for millions of consumers in the region.

Over the next few months we will expand our coverage and product lines to enable consumers to make better healthcare decisions and live healthier lives."

- Shashank ND, Practo founder and CEO

# HUMAN POWER

## The Next Step in Alternative Energy

Words by Chris Noel Hidalgo

We've looked towards the ground and found fossil fuel and geothermal energy; towards the horizon and found wind power; up at the sky for solar; and beneath the waves for hydropower. As it turns out, the terawatts upon terawatts of energy we're harvesting each day still isn't enough for everyone to have access to what's supposed to be a universal service, if not a basic human right. Where else can we turn then for our power needs?

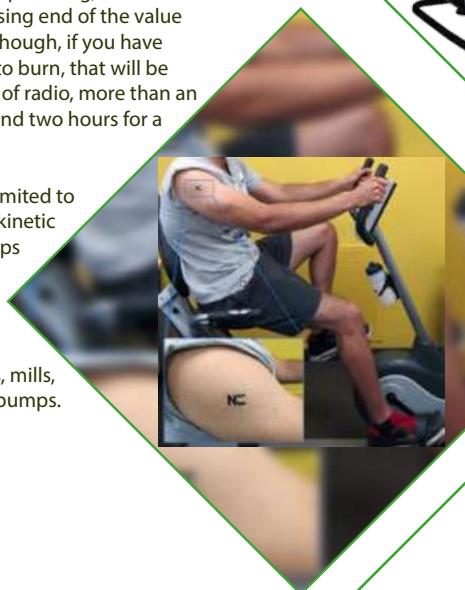
Well, the answer's right there in the mirror. Yes, that handsome/beautiful creature staring back at you has the ability to light up the future for generations to come with little effort involved. Okay, maybe not the entire future and definitely not without a lot of effort, but at least you'll also get a killer workout while you're muscling your way to clean, human-driven power. Below are some of the greenexercise tech currently out in the world today.

### PEDAL-POWER

Electric generators are able to produce electricity thanks to a rotating mechanical system, coils, magnets, and a buttload of physics. Guess what also has a rotating mechanical system? That's right! Bikes! In fact, the faithful two-wheeler's already being used around the world for low-power items such as lights and smartphone chargers.

However, some commercially available bicycle generators are only able to produce 100 watt hours of power per hour of pedalling, and that output has them on the losing end of the value for money spectrum. Still though, if you have some cash (and some fat) to burn, that will be enough for up to 10 hours of radio, more than an hour on a laptop, and around two hours for a small TV.

Good thing bikes are not limited to only electric power as the kinetic force required to pedal helps make other menial tasks easier. Some of the other off-grid applications enabled include washing machines, dryers, blenders, mills, corn threshers, and water pumps.



### MANUAL TREADMILLS

If you're into running but hate the metropolis smog and don't have the time to drive to nearby provinces for a whiff of fresh air, then the treadmill has likely kissed the sole of your running shoes more than actual pavement. But did you know that each hour you spend on a 2HP tread consumes around 1.5 kilowatts of power?

It's a small amount, sure, but aggregate everything for years and the cost inevitably runs high. Luckily, there are treadmills out in the market that run without electricity, relying solely on the user to roll the belt. It takes a lot more effort to get things started as you actually have to push yourself forward, but you'll be working more muscle groups in the process.

Of course, these treadmills can also be hooked up to batteries and generators to run modest items around the house. But the most interesting manual treadmill award goes to treadmill-throttled internet made by software developer Brian Peiris. Basically, the faster you run, the faster your connection will be—a sure fire way to get netizens such as yours truly to break a sweat.

### SWEAT-CHARGED BIOBATTERIES

Currently being refined by researchers from the University of California are biobatteries and they are just as cool as they sound. Worn like a small tattoo, the invention contains a sensor which pulls the electrons from the lactate in sweat. The chemical process also produces a very small electrical current—70 microwatts for each square centimeter of skin the tattoo is on. Pretty humble now, but possibly in the future it will be powerful enough to keep your MP3 player or smartphone topped up.

# Six Ways to Stay Healthy While Traveling

Words by Presy Alba

**Going on a long trip whether for business or pleasure is almost always draining. The pre-departure activity of packing for your trip while making sure everything goes well at home while you're away can take its toll. If you don't take care, you can make yourself vulnerable and susceptible to germs and diseases while traveling.**

Here are six steps you can take to ensure that you stay healthy for the full duration of your trip.

**1. Boost your immune system before and during your trip.** Start taking supplements, Vitamin C, and Probiotics a few weeks before departure to strengthen your immune system and to prevent flu and cold infection. Make sure you pack enough supplements, vitamins, and any maintenance medication; and throw in some cold and flu meds, anti-diarrhea medication, and some ibuprofen.



**2. Pack a "survival kit" in your carry-on luggage.** You will find yourself in lots of germ-infested situations on your trip so be sure that you pack alcohol (70-percent solution in a small bottle) or hand sanitizer, wet wipes, and tissue to ensure your hygiene.

If you're taking a long flight, pack socks, travel pillow, sleep mask, and a shawl or light jacket to ensure your personal comfort during the trip.

Also don't forget to pack your feel good, stuff—it could be White Flower, Vick's VapoRub, or any salve or scent that will help you get into your comfort zone.

**3. Wear your eyeglasses on the plane.** Take off your contact lenses and put on your glasses before boarding the plane. The dry air inside the plane can make your contact lens uncomfortable and cause irritation especially for long-haul flights.

**4. Drink lots of water.** Avoid drinking alcoholic and sugary beverages during the flight. To prevent getting dehydrated, always say yes to water every time the flight attendant comes along with it. Better yet, buy bottled water as soon as you pass through security check and ask the flight attendant to refill it for you throughout the flight.

**5. Eat Healthy.** On the plane ask for the diabetic meal. Not only do you get your food served ahead of all the other passengers, it also contains less sugar, minimizing jetlag. When you've reached



your destination, try to have at least one sit-down healthy meal each day and try to avoid fast food.

**6. Stretch and walk around.** During your long flight, stand up, stretch, and walk around your section of the plane once every hour. When you reach your destination, instead of hitting the gym, stay fit by taking long brisk walks to explore and enjoy your new environment.

**7. Sleep.** If your final destination is in another time zone, download the *JetLag Genie* app and follow the schedule it recommends a few days before departure to make sure you adjust quickly as soon as you arrive at your destination.

Being in a new place with so much to do and see can tempt you into extending your daily activities and still enjoy the night life. Don't be tempted to burn both ends of the candle. Keep healthy by making sure you sleep at least eight hours each night all throughout your trip.

# FITNESS TRACKERS

Words by Mia Carisse Barrientos

**Majority will agree when we say that the explosion of mobile devices, along with the many things you can accomplish with them, has spurred a generation more likely to slump on their couches rather than do something proactive elsewhere. Conversely, tech—giving easy access to information via the internet and allowing one to build social presence online—is also the same reason why people are much more body aware and health conscious these days.**

With mobility on the rise, it's only expected services and products will also be made available on the go. What started as just a fad everyone thought would quickly pass has now become fundamental in the tech world. Wearable tech is still here and is bit by bit making its way into the mainstream market. On the forefront of this are wearable fitness trackers. It is projected that over 40 million wearable bands will ship by the end of this year.

With the market rife with so many great options, choosing the best tracker can be quite daunting. At the end of the day though, it will all come down to what better fits your needs and how seriously you're into attacking fitness. Whether you're looking to count the steps you take daily, track how much calories you burn every workout session, or monitor your heart rate and sleep habits, there's a fitness tracker for you.

## Entry-level

If you're a couch potato looking to gradually turn away from the sedentary lifestyle with an easy fitness boost, a step and sleep counter is a good place to start. Trackers in this segment usually feature accelerometer—motion sensors that can analyze movement while wrapped around your wrist or clipped onto your clothes. If you're lucky, you might find some trackers in this segment with status lights, water-proof and alarm features, and long-lasting batteries.

In this segment, you can find trackers with prices ranging from PHP 500 to something over PHP 3,000. To name a few, you have the Mi Band, Jawbone Up Move Tracker, the Misfit Flash Link, and Fitbit Zip to consider.



## Mid-range

Improvements made to wearable fitness tech are all boons to those seeking to improve their health. However, additional features may also mean added cost. Users of mid-range fitness trackers enjoy the benefits of the basics along with the benefit of having a display panel/touchscreen—some with just LED indicator lights, displaying notifications from your phone, a better design, solid data collection of burned calories, and better integration and added connectivity options for devices and apps.

Fitness trackers in this price range usually sport tags from PHP 4,000 to over PHP 7,000. You can look into products such as the Huawei Talkband B2, Misfit Shine, Garmin Vivofit 2, Fitbit Charge, among others.



## Top-tier

Now for those who can spare more moolah on an activity tracker, they can opt for much more premium options. Carrying some of the best fitness trackers currently in the market, you can expect trackers in this segment to sport the standard features along with many other fancy elements.

Typically, trackers that sport the premium tag double as smartwatches and are also built with technologies that can track heart rates. Top-tier fitness trackers come with specialized features made for hardcore fitness buffs, of which includes a much more rugged form-factor, GPS, sensors for skin temperature, and other functions.



Premium priced trackers can go from PHP 8,000 to as high as PHP 20,000, some of which include the Apple Watch, Garmin Vivoactive, Microsoft Band, Fitbit Surge, and more.

How much you're willing to shell out for a fitness band makes quite the difference. This expensive band may present itself as just a simple rubber strap, but under the simplicity are features that can significantly improve your fitness. Meanwhile, that affordable tracker may offer a gorgeous design but would lack various functions. Whatever your budget might be, however, there's a right fitness tracker for you, if you just look hard enough.



# Forget the gym, hit the range!

Words by Ren Alcantara



There are a lot of reasons to get fit: general well-being, staving off illness, and preparing for the impending collapse of the world as we know it. When one hears about getting fit, we're immediately transported to scenes of people working out at the gym, lifting weights, or running on treadmills. This isn't the only way to get fit though. If you're looking for another excuse to fire off a few dozen rounds, here are a few reasons why going to the range is actually pretty great for your health.





### General fitness

Shooting is an activity that is physically demanding. While standing at a bay, idly firing off shots might not be the best way to do it, heading to a nice outdoor range to practice shooting while moving, different shooting positions, and moving from cover to cover does a lot to whip you into shape. Keeping a bucking firearm in your hand and on target is great for your arms, and by their nature, guns aren't light. Constant, dynamic tension, and the force needed to keep a weapon in place all do a great job at toning your muscles. Changing shooting positions strengthens muscles, and gives you practical strength and agility, plus, running quick sprints to and from cover is the start of decent cardio. You're going to have to go a little longer, and frequently, but as an addition to other activities, going to the range is a great idea.

### Focus

If you've ever fired a gun, you know it's a loud, messy, disorienting affair. Managing to score constant, consistent groups requires focus and concentration. The ability to tune out the unnecessary stimuli and making yourself get the right sight picture, sight alignment, and trigger press is a skill that translates into anything you could do in your life. It also trains your eyes to literally focus quickly on different planes, and gets you used to shifting from a near object to another.

### Hand-eye coordination

One of the most valuable things in sports and in daily living is hand-eye coordination. Your hands are the extension of your will, but if you don't really know how to work them right, you won't get anything done. Constantly working on getting your hands to do what your brain wants, based on the information your eyes take in is an invaluable skill that has far-reaching uses

beyond shooting or sport. Reloading, clearing malfunctions, and again, constantly trying to hit a target all benefit the development of this skill. You'll thank us the next time your son throws you a basketball without letting you know first.

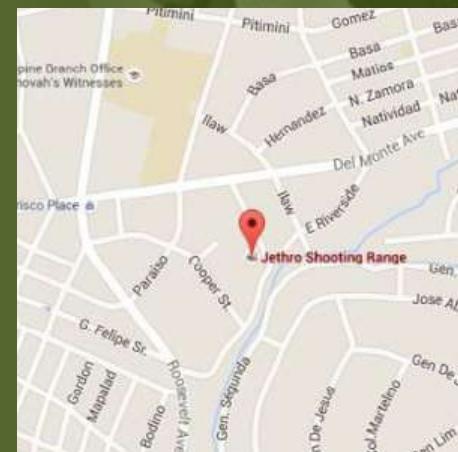
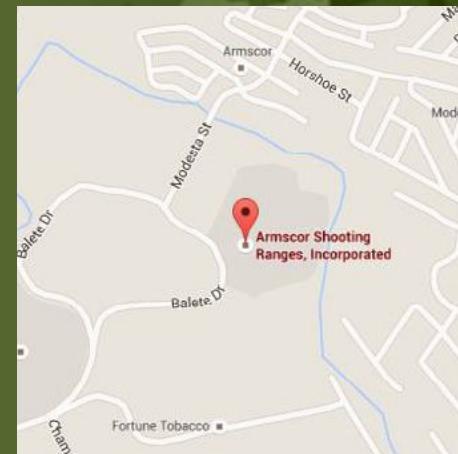
### Balance and posture

A good part of being able to hit a target is having a stable platform from which to fire a shot. Training your body to be as stable as possible is a physical feat that you can refine at the range. You'll have to tighten your core, mind your feet, and isolate your shooting muscles, particularly when you start trying to shoot on the move. Standing straight also gives your lower back a good workout, and allows you to stave away the ill effects of sitting at an office chair for most of your waking hours.

### Stress reduction

Having fun is one of the best ways to reduce stress. If you're reading this article, there is no doubt that you find shooting enjoyable. Apart from that, there's really something relaxing about taming a 147-grain projectile travelling at upwards of 1000 FPS, thanks to a huge explosion that just went off centimeters from your hand. It's like the weapon is an analogue for your own high-strung psyche, and throwing lead downrange helps you release that pent-up pressure. Rough day at work? Let off some steam at the range, and you'll feel much better. Low stress means lower blood pressure levels, and a much happier, healthier shooter.

While it might not be the best idea to trade all your gym time for range time, going to the firing range is certainly not something to pass up. Apart from being fun, it's a practical way to build practical strength and use the foundation you've built elsewhere. And it certainly beats 90 minutes on a treadmill.





Words by Jose Alvarez

Developer: Psyonix  
Publisher: Psyonix  
Platform(s): PC, PlayStation 4

A wise man (okay, Mr. Breakfast Gus from *Uncle Grandpa*) told me to embrace the weird, and when I started playing *Rocket League*, I pretty much put the game at the top of the weirdest games I've ever played. It's quite addicting, however. Essentially, it's *Twisted Metal* meets *FIFA*, and I never thought a car game and football would ever, in my lifetime, cross over. *Rocket League*, the sequel to the 2008 game *Supersonic Acrobatic Rocket-Powered Battle-Cars*, blends football with racing for a unique gaming experience.



You drive around hitting a ball far larger than your own car into the opposing team's goal. The Unreal Engine is put to the test right off the bat as you zoom towards the ball in the arena. You can play four against four (although 1v1, 2v2, and 3v3 variants exist). You can jump to get to the ball, but the additional challenge is to perform other tricks, such as a bicycle kick, barrel roll, or somersault. You can do this by simultaneously pressing jump and holding the direction you want to jump. In addition, you also have a finite amount of boost, allowing you to zip around quickly to get to the ball.

The game's highlight is its arcade-style play—and that could also be its downfall. One tap can send the ball flying, so one has to be careful how quickly they are driving towards the ball. In addition, you need to know a bit about geometry to find out where the ball is going depending on which part of your car you hit it with. While offense is key in the game, I found defending a bit harder (yet a bit more rewarding). Deciding whether the camera focuses on you or the ball is another interesting concept. For the



sake of being in complete control of your car, it is probably easier to keep the camera focused on you.

I found that practicing with bots wasn't the best way to learn how to play the game, and that the game can only be played in full if you play with other people. While a well-coordinated team can win games, more often than not you'll find yourself bouncing around in a glorified version of old-school bumper cars that one might find at a fair. No matter how skilled you or the other team is, open-net goals (a huge embarrassment in football) aren't much of an embarrassment in this game as you need a little bit of luck to pull off shots.

While there is a levelling system, you can only unlock cosmetic options rather than actually improve your vehicle. You can, however, have the best looking car on the field as a result. That isn't too bad, but most video games tend to reward players who

play frequently with performance perks. I found this a bit disappointing as I was expecting great rewards from levelling my cars up.

If you own the PlayStation 4 version, you can get an ice cream truck that is reminiscent of the character Sweet Tooth from the *Twisted Metal* series. Another fun aspect of the game is cross-platform play—people on the PC can play against their friends on the PlayStation 4 and vice-versa. However, there are still people reporting problems with the servers due to popular demand and technical issues, which shouldn't take too long to fix.

Overall, *Rocket League* is a solid and interesting game filled with hours of arcade-style fun—even if there's no incentive to level other than to get different skins. As Mr. Breakfast Gus said, playing *Rocket League* made me embrace the weird and try something new.



# How to use the new WD My Cloud OS 3 in 3 easy steps

WD, a leader in storage solutions, launched the third generation My Cloud OS at the recently concluded IFA Consumer Electronics Unlimited show in Berlin last September. With the My Cloud operating system, you can take your "cloud" with you, access and transfer files, wherever, via your mobile device.

The redesigned My Cloud OS 3, Software Developer Kit (SDK) features an intuitive user interface, and back-up and sync capabilities that boost the personal cloud NAS offering while retaining the privacy and control unique to personal cloud devices physically located in the home or office. My Cloud OS 3 also features new photo and video capabilities via two new user experiences: **MyCloud.com**, which enables file collaboration, comprehensive access management, and photo and video gallery access; and My Cloud Albums app that enables users to send a link to a common location, or "album," on the My Cloud to all their friends and family.

Moreover, My Cloud OS 3 also has a new WD Sync feature that enables users to sync data across multiple PCs and notebooks, ensuring that important files are up to date and available to users from almost any device.

New to My Cloud OS 3? Just follow these three easy steps:

## 01

Use the My Cloud Mirror - Quick Setup Guide card

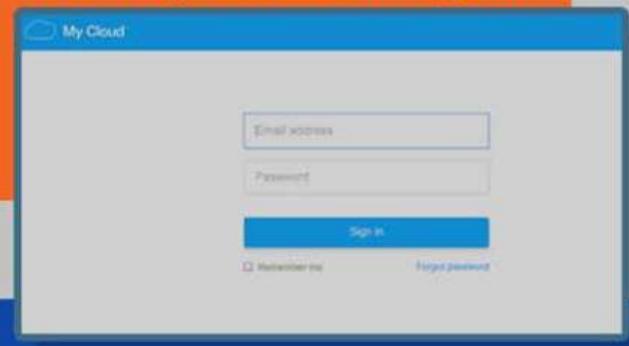
[www.mycloud.com/setup](http://www.mycloud.com/setup)



## 02

Access your My Cloud drive

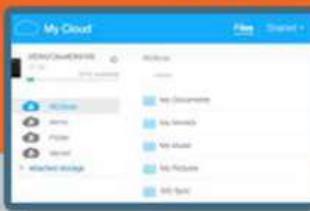
[www.mycloud.com/sign-in](http://www.mycloud.com/sign-in)



03

Download the My Cloud  
Mobile appsync on your device via  
<http://support.wdc.com/beta>

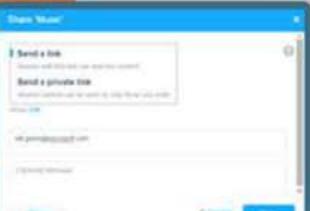
Install WD Sync from  
<http://support.wdc.com/beta>  
and start "syncing" your photos,  
music, documents, and movies



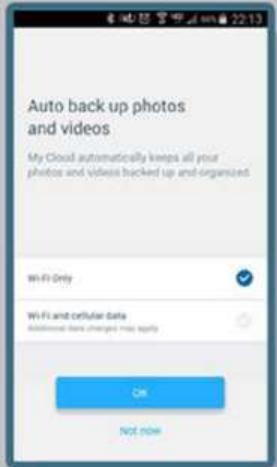
Once you click next, your files will start  
to sync to your My Cloud and will be available  
via MyCloud.com and via the My Cloud mobile app



Share a folder using MyCloud.com  
Right-click a folder and select share



Share with those who do not have a  
Cloud account



View photos from your mobile device  
via My Cloud mobile app



Listen to music from your mobile device via  
the My Cloud mobile app  
Select a song in the My Cloud mobile app to play the track





# BE A SHOOTING STAR WITH THE STARMOBILE KNIGHT ELITE'S 'STAR CAM'

**The Philippines is the undisputed social media capital of the world. Filipinos take photos of everything from clothes, to food, to toys, and upload them to multiple online accounts.**

However, a recent study by Universal McCann shows that people all over the globe feel happier if people engage more with their social media posts.

But with so many people on everyone's feeds, how can one stand out? By taking and sharing awesome, attention-grabbing photos, of course! And that's where the Starmobile Knight Elite comes in.

This super smartphone comes with a unique built-in Star Cam feature to help you take photos that are sure to get noticed—not to mention pretty up your social media feeds!

The secret lies in three functions exclusive to the Star Cam: ReFocus, Chroma Flash, and Opti Zoom.

**ReFocus** lets you choose the focal point of your shot after you've taken the photo. The function works by simultaneously taking five photos at

***"It truly is beautifully crafted for the most demanding smartphone users."***



varying lengths then compressing them into a single file so you can select a single object (or face!) to focus on just by clicking on the area you want to highlight.

**Chroma Flash** is a boon for anyone who has to take photos in low-light environments—it takes two photos in rapid succession, one with flash and one without it, and combines them into a single photo. Say goodbye to overexposed colors and hello to natural-looking skin tones!

**Opti Zoom** shoots multiple photos simultaneously to ramp up the texture and sharpness of your zoomed-in pictures. Results are clearer, cleaner, and smoother compared to regular digital zoom.

**For Foodies:** Use ReFocus to highlight one particular dish on a table or in a buffet or identify a spread.



Starmobile sales director Jameson Say, marketing head Ricelle Simpao, vice chairman Michael Chen, DJ Slick Rick and Tony Toni, sales director Jasper Yeng, president Ulysses Lao and product marketing manager Elijah Mendoza unveil the new Starmobile Knight Elite with 'Star Cam'

**For Toy Geeks:** Caught in a "look, but don't touch" situation at the Toy Con? Use the Opti Zoom feature to capture the fine details of that must-have collectible.



**For Travel Junkies:** Sightseeing is not just about the sights—it's about the people as well. Share photos of the interesting people you met using Chroma Flash.



**For Fangirls and Fanboys:** Don't have seats near the stage at a concert? See your crush or your fave celeb out and about town? You'll thank the heavens Star Cam has Opti Zoom!



Of course, the Star Cam, awesome as it is, is just among the many features anyone with a Starmobile Knight Elite can boast about.

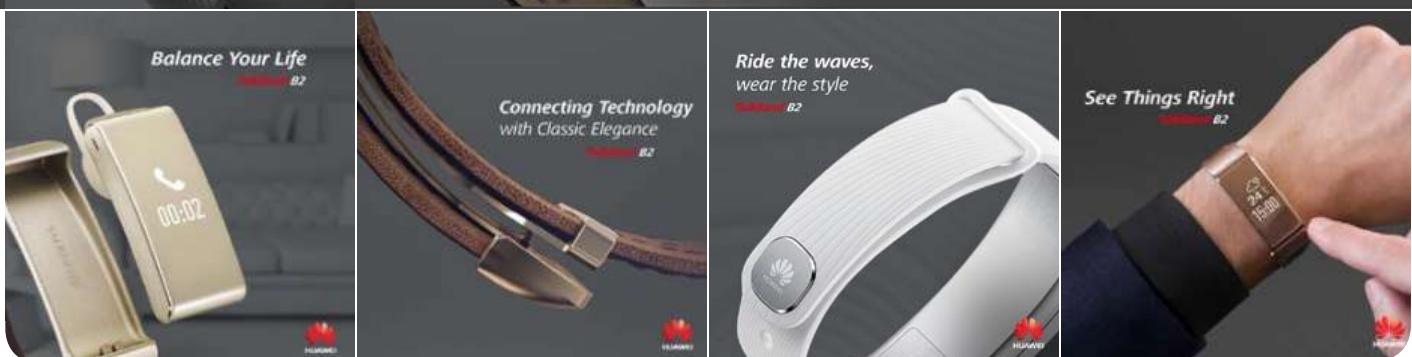
A sleek form factor and Corning Gorilla Glass for the front and rear panels improves the smartphone's usability and durability, while performance is enhanced by a 64-bit Qualcomm Snapdragon 615 chipset with LTE connectivity and two SIM slots and a microSD slot add flexibility to your use options.

The Starmobile Knight Elite with Star Cam is now available in Starmobile stores and resellers for just PHP 9,990 (inclusive of a free phone case and screen protectors). You can learn more about it by visiting [www.starmobile.com.ph](http://www.starmobile.com.ph) or [facebook.com/starmobilephones](http://facebook.com/starmobilephones).





Huawei, a leading global information and communications technology solutions provider, formally announced the availability of the Huawei TalkBand B2 in the Philippines.



The Huawei TalkBand B2 is a stylish next-generation wearable device that brings together the convenience of a Bluetooth earpiece and the functionality of a fitness tracker in one elegant design.

#### Designed For the Smarter Life

In an era where multitasking has become more of a necessity rather than a skill, the Huawei TalkBand B2 is the perfect companion for your busy life allowing you to continue working without having to fumble for your phone and miss that important call.

Whether you are driving, working on your computer, or just playing around with your kids, the TalkBand B2 frees up your hands so you can keep them on the wheel, take down those important notes immediately and continue those conversations comfortably.

The TalkBand B2 vibrates to notify you of an incoming call and shows the name/number of the caller on the screen. All you have to do is detach the earpiece to answer the call.

The TalkBand B2 is equipped with dual-microphone, noise reduction technology and quality Bluetooth connectivity. It is also equipped with smart detection that knows whether the Bluetooth earpiece is on the wristband or not, allowing it to automatically push audio (music/call) to the smartphone or B2 bracelet. You can even connect up to two smartphones to the TalkBand B2 so you don't have to choose which of your phones to pair it with.

With its superb battery performance, the TalkBand B2 can last up to five days, and support continuous call time up to six hours, and 12 days' standby time.

The TalkBand B2 is also equipped with a pager to search and locate your smartphone, regardless of the phone model, through vibration or ring tone alerts.

#### Smart Health Tracking

With its innovative 6-axis motion sensor, the TalkBand B2 can automatically detect different activities with higher accuracy, such as walking,



running, cycling, or climbing/hiking. It can also calculate the number of calories burned by different activities to help you plan your workouts, diet, and more.

You can then sync the data with your mobile phone and even share your achievement with your friends via social networks.

The same 6-axis sensor likewise allows the TalkBand B2 to automatically identify and record motions accurately, detect the duration of deep sleep and light sleep, and provide consumers with health tips on ways to improve their sleep pattern.

"As more Filipinos become health conscious, so does the market for wearable technology and Huawei is at the forefront providing consumers with products that combine style and functionality with the latest technology, said Charles Wu, country head for consumer business group, Huawei Philippines.

"With its intuitive touch-and-swipe UI, the TalkBand B2 keeps you informed and updated wherever you are and whatever you're doing,

with on-screen notifications, reminders, alarms, tracking, and monitoring to keep you in touch with all the important things in life," Wu added.

### Stunning Hybrid Smart Band

Designed with fashion in mind by the Huawei Aesthetics Center team in Paris, the TalkBand B2 sports a more premium design that focuses on comfort, style and everyday elegance.

The TalkBand B2 sports a 0.73-inch, 128 x 88 pixel, mono PMOLED touchscreen. All you have to do is sweep your finger to cycle through the various modes such as the time/date, steps taken, sleep time, and calories burned.

The metal bracket of TalkBand B2 is made of high strength, light weight aviation aluminum. The B2 comes in two watchband styles: the environmentally professional TPU material in white and black; or the luxurious brown leather.

The Huawei TalkBand B2 Sport Edition comes in black and white and is priced at PHP 6,990 while the Gold TalkBand B2 Executive Edition is priced PHP 7,990. The Huawei TalkBand B2 is available in all Huawei Brand Shops all over the Philippines.

### SPECIFICATION:

#### Height:

Leather strap version 235.10mm  
TPU plastic version 242.85mm  
Width 22.0mm  
Depth 11.88mm

#### Weight:

Leather strap version 32.2g  
(headset:12.5g;strap with tray:19.7g)  
TPU plastic strap version 30.6g  
(headset:12.5g;strap with tray:18.1g)

#### Connectivity

Bluetooth 3.0

#### Calling Quality

Dual-mic reduction

#### Battery

95mAh

#### Display

0.73-inch, 128x88

#### Working time

6 days

(Depend on wireless call usage time)

Standby time 14 days (BT connection off)

Charging time About 1.5 hour

Button Single button

#### Interface

control, touch screen

#### Sensors

Standard Micro USB

#### IP57

charging

#### OS

A+G-sensors

Water and Dust resistance

Android 4.0+

iOS7.0+



# MiLi: Living the Smart Life

Words by Maribelle Alba

**Established in 2003, Shenzhen Hali-power Industrial Co., Ltd. was a small factory with some 20 employees producing lithium batteries and chargers as an OE manufacturer. Six years later, in 2009, it earned the distinction of being the first Apple authorized manufacturer in China. Under the MiLi brand, its products were allowed to proudly display the "Apple-Licensed" mark. The following year, in 2010, sales topped USD 10-billion.**

From its humble beginnings, the company has transformed itself from being a marginal OEM supplier of digital camera lithium batteries into an international brand of Apple-certified mobile solutions, and it is continuing to reinvent itself by diversifying into smart tech-lifestyle products—all in a span of just a little over a decade.

How did this evolution come about? How did a tiny company earn the trust and respect of Apple and put itself on the fast track to global market presence? Two key words emerge from company president Harry Zhu's narrative: Innovation. Integrity.

When Apple launched the iPhone 2 in 2007, one of the most common gripes from users was short battery life. Building on their battery manufacturing expertise, MiLi saw an opportunity and developed external batteries to address the problem. The MiLi power banks were well-received in the domestic market and in 2008, their representatives flew to the Apple office in Beijing and bravely made a pitch.

To its credit, unlike many other companies in China, MiLi did not have a history of producing imitation products. For Apple, this was a huge plus in favor of the small company. In 2009, MiLi received valuable certification as an Apple Cooperation Partner, a distinction that MiLi honors by using only original Apple connectors in all its products. Zhu points out that huge profits could be made from using imitation products, but this is not how MiLi conducts its business affairs.

There is also a strong focus on producing quality products and ensuring customer satisfaction within the company. On the factory floor, one-third of the workforce are engaged in quality control functions, with stringent quality testing procedures incorporated in the assembly process.

Zhu notes, "I don't want to make money on customer complaints. We are not selling products; we are selling happiness. We are offering value to our customers." And, to make sure that all customer concerns are properly addressed, Zhu says he personally keeps track of customer complaints, sometimes even



Harry Zhu, President, Hali-power

responding to these himself. In most instances, defective products are promptly replaced.

Not content to rest on their laurels, Zhu and his MiLi team are already working towards a future where smart products are part of our everyday life. Without going into specifics, Zhu says they are currently working on a lifestyle product that will soon be launched exclusively at Apple stores.

Meanwhile, adding to their range of external batteries, power banks, chargers, and data cables, MiLi has recently introduced three new products as part of its diversification strategy.

## MiLi Data

is a compact flash drive for Apple iPhones and iPads with its built in lightning connector. With iData, you can manage/transfer files, playback music and videos, view documents, store photos, etc. It conveniently allows simultaneous data transfer and charging, and is available in 16GB, 32GB, 64GB, and 128GB capacities. Included adaptor cables make iData compatible with most smartphones, tablets, and laptops.



## MiLi Pure

is a skin moisture detector that, linked with its accompanying smartphone app, analyzes and tracks the moisture condition of your face, eyes, or hands. The app also gives skin moisturizing beauty tips.



## MiLi Skinmate

is a smart ultraviolet detector. It detects UV intensity in real time and, paired with the smartphone app, provides sun protection suggestions. The app monitors your sunscreen's effective duration and will remind you when you need to reapply sunscreen lotion.



MiLi smart products are now sold in over 4,000 retail stores in China including 95-percent of Apple authorized resellers. It has a network of thirty exclusive distributors worldwide, and has a close partnership with over 22 international airlines. In the Philippines, MiLi products can be found in Apple resellers, premium electronic stores, and online at [miliphil.com](http://miliphil.com).

# Treadmills

Words by Jose Alvarez | Art & Illustration by Benedict Asal

**Whenever you go to the gym, you'll always see the treadmill. From those training for marathons to those wanting just to lose weight, the treadmill has always been a staple of the workout routine. You'll see people on them not only exercising, but doing other things simultaneously such as watching television, texting their friends, and more. However, the treadmill has an interesting history behind it—it wasn't always used just to get in shape.**



In ancient times, starting around 4,000 years ago, treadmills were used for generating power of some sort, rather than exercise. One design had a horizontal bar jutting out of a vertical shaft, rotated around a vertical axis, and some were driven by oxen or other animals walking in a circle and pushing the bar. Later on, one was a vertical wheel powered through climbing in place (today known as a hamster wheel). Another design also required climbing a slope (much like one can adjust the incline in today's treadmills). These

treadmills were used to grind grain, lift buckets of water, knead dough, and operate bellows.

One of the earliest instances of using treadmills for exercise (in addition to punishment) surfaced in 19th century England. In 1818, an English engineer named Sir William Cubitt noted the idleness of prisoners in jail and developed treadmills for them to not only get exercise but to work as well. These treadmills rotated around a horizontal axis and required the user

to step upwards (much like stairmasters, which are also seen at gyms). Several prisoners stood side by side on this treadmill and used them for six or more hours a day, climbing an estimated 5,000 to 14,000 vertical feet (about half the height of Mt.

Everest). Another English prison used these mills to have prisoners grind grain to supplement windmills starting in 1821. Other applications included pumping water or powering ventilators in mine shafts.

By 1913, a US patent (Patent No. 1,064,968) was issued for a treadmill "training machine," indicating the first mention of a treadmill exclusively for fitness purposes. By the 1950s and 1960s, doctors were beginning to take the use of exercise treadmills seriously. Dr. Robert Bruce and Wayne Quinton, both of the University of Washington, invented a treadmill to diagnose heart and lung disease in 1952, while Dr. Kenneth H. Cooper, who did research on the benefits of aerobic exercise, provided medical arguments for the commercial development of the not only the home treadmill but the exercise bike as well.

Some places treadmills are used today include sports clubs, hospitals, gyms, the army and more.

Treadmills in themselves have also become a gadget—many of them can measure how many calories you've burned, how much distance you've traveled, and your heart rate as well. Some offices have even instituted treadmill desks so that employees can also exercise as they are working.

Whether you're just wanting to drop a few pounds or training for a marathon, the treadmill has an interesting history as a tool of work (and later, as a tool of punishment and now, a tool for fitness) and is a mainstay of many fitness routines. Keep in mind the evolution of the treadmill as you take that first step on one today.

# Fujisan Solar and Wind Energy Corporation holds Philippine debut



Joseph Maddatu (left), COO of We Are IT Philippines, Inc. and Katsuyoshi Eguchi (right), president of Eguchi Holdings Co., Ltd.

We are IT (WIT) Philippines, Inc., a Philippine-based satellite broadband service provider, and Eguchi Holdings Co., Ltd., a Japanese solar and wind energy developer, have joined forces to put up Fujisan Solar and Wind Energy Corporation, a company dedicated to developing the archipelago's sustainable energy sector while providing advanced emergency communications equipment to disaster-struck areas.

"We are thrilled to launch this new joint venture with Eguchi Holdings, a company that shares

our vision to provide effective and sustainable ways to drive economic growth in our respective countries. As we join forces and merge our expertise, we hope to come up with solutions that can help achieve a better and cleaner Philippines, and improve communications and emergency-response during disaster and calamities," said Joseph Maddatu, COO of We Are IT Philippines, Inc. (WIT).

Fujisan will be providing Japanese-made solar panels, street lights, pumps, and plants designed

to take advantage of the country's tropical climate. The panels arrive with a 25-year linear power output warranty and a 10-year product warranty guaranteeing investors maximum peace of mind.

Meanwhile, WIT will be offering the country's first fully outsourced and managed emergency response and communication vehicle called WIT's Emergency Response Vehicles (WERV). This vehicle uses solar panels and diesel fuel for power and allows disconnected areas to re-establish their communication system.

The WERV is capable of deployment within 15 minutes of arrival in the affected area. It carries broadband satellite communications, ultra range Wi-Fi service, HD CCTV, VHF and UHF radios, video conferencing, digital terrestrial television broadcast, VOIP, Public Switched Telephone Network (PSTN), and is able to broadcast HD quality video for Satellite News Gathering. The WERV runs on an Internet Protocol for wider interoperability.

"The birth of Fujisan marks the dawn of a renewed future. Through Fujisan's renewable energy and superior communication technology solutions, we look forward to bringing new investments, better opportunities and better solutions that will improve the lives of Filipinos all over the country," added Jose Maddatu, Chairman of Fujisan.

## MGM is now a strategic iflix investor

One of Hollywood's most acclaimed and prestigious studios, Metro-Goldwyn-Mayer (MGM), is now aboard the iflix ship.

iflix announced recently that MGM has become an investor in the business. The investment includes the appointment of MGM chairman and chief executive officer, Gary Barber, to iflix's advisory board, and the companies' extensive multi-year content licensing partnership.

Through the agreement, MGM will continue to contribute premium in-demand television and film content to fill a portion in iflix's growing library of top entertainment content.

iflix Group CEO, Mark Britt said "We are thrilled to have a studio partner and strategic investor of MGM's caliber join the iflix family. MGM's substantial weight, influence, and resources in the industry will be a critical advantage for us in the

development and execution of our strategy as we look to solidify our leadership in the region and expand into new markets."

"This partnership once again reaffirms iflix's commitment to work with the absolute best companies and brands globally. We look forward

to continuing to strengthen our relationship going forward," continued Britt.

"iflix is an innovative and rapidly growing service," said Barber. "We are always looking at new strategic investment opportunities and this is one about which we are very excited."



# Ayala Land Inc. holds SyncRUNize adventure run in ARCA South

ARCA South is Ayala Land Incorporated's (ALI) 74-hectare Taguig property being developed to become a "City in Sync," the newest central business and lifestyle district located south of the Metro. This newest ALI property will operate with a centralized system for traffic, power, and security management, furthering its vision of being a city in sync. The district will be highly pedestrianized, peppered by green spaces and streetscapes, and integrated basement parking to free the streets.

ARCA South was the venue for the mobile-app integrated adventure run ALI organized on

September 19, 2015. Dubbed SyncRUNize, and also the name of the app to be used, this 5km run challenged both the runners' minds and bodies through a number of physical obstacles and mental drills.

For the run, participants first had to download the exclusive SyncRUNize mobile app available on Google Play and Apple App Store. The app directed participants from one checkpoint to another where they had to accomplish a physical or mental challenge before being allowed to move on to the next challenge.

Interested participants competed as individuals, or in teams of four for a chance to win PHP 90,000 worth of cash and prizes. After the race, participants were able to enjoy the interactive booths and food market at Sync City.

ARCA South partnered with Guerilla Race, organizers of the Vierce sport Guerilla Race Series, to specially design the obstacle course. Mental drills, which included calculations, stock knowledge tests, or abstract reasoning were designed by Go Go Hunt. Other partners were The North Face, Fox, Oculus Archery and as the

partner-beneficiary of the event, the Help Educate and Rear Orphans (HERO) Foundation. Ten percent of the proceeds from SyncRUNize will serve as educational aid to the children of soldiers incapacitated or killed in the line of duty.

"SyncRUNize is the kind of event that embodies the principle behind ARCA South as a City in Sync," said Stephen Comia, ARCA South project development manager. "The development is envisioned to be the newest CBD in Taguig where all the elements that make a city are present and in sync. In addition, the efficient management of the road network, traffic, communications, environment, security, and other systems in ARCA South are primary."



## Recession Coffee by Digital Walker unveils new twist

Known for setting the bar when it comes to industrial class and fashion-forward digital accessorizing, Digital Walker pushes the envelope further by adding a new twist in their concept store at Eastwood Mall: Recession Coffee.

Recession Coffee shares its space with Digital Walker. They have worked closely with EDSA Beverage Design Group to provide patrons with the best cup of coffee at whatever price they wish to pay. Basically, you will be the one to decide how much you are going to pay for your cup of coffee.

Recession's Pay-What-You-Want concept gives coffee aficionados the freedom to pay as much as they want for a cup. But all in the name of fun, each cup will sport a price badge to poke fun at just how much cash is received.

A wide selection of house roasted beans from EDSA Beverage Design Group, such as the Panama

Carmen Estate, Ethiopia Sidamo Guji Suke Quto, and Kenya Wakulima grinds are available for coffee connoisseurs to explore. Recession Coffee baristas would also be glad to sate any discerning taste. Plus, customers can choose to pair their cup with confectionery offerings by Chef Miko Aspiras of Scout's Honor.

It's a techie-lover's nook where customers can power up, surf, or chat with friends in a more scenic setting outside the work place.



# Under Armour brings NBA superstar Stephen Curry to PH for UA Roadshow Manila; announces launch of Curry Two

Leading performance footwear, apparel, and equipment developer, Under Armour, flew this year's NBA MVP Stephen Curry in Manila to headline the Philippine leg of the #UARoadShow. The Golden State Warriors ace was joined by Under Armour CEO and founder, Kevin Plank.

Over the years, Under Armour has become one of the most sought after athletic performance brands among athletes and the mainstream market thanks to Plank's vision and leadership. In the same way, Curry's excellence on the court significantly contributed to Golden State Warriors' first NBA Championship since 1975.

With Curry and Plank on board, the UA roadshow aims to share this same work ethic and passion for the game of basketball to players and fans across Asia.

During the media Q & A held last September 5, Curry shared that he looks forward to experiencing the vibrant energy of the cultures of each country he'll be visiting throughout the tour. He also said that he will surely return to the Philippines, further stating that he was surprised but at the same time grateful for the warm welcome.



Curry was also able to meet more fans in Manila through a basketball clinic held at the MOA Arena on the same day. During the event, fans were able to interact with the 2015 NBA MVP through basketball drills, exhibits, and contests.

Under Armour also showcased the Curry Two, the first basketball shoe to feature a full-length

Charged Cushioning midsole unit and a UA SpeedForm seamless upper. It will be made available globally on October 24.

For more information, like Under Armour Philippines on Facebook ([facebook.com/underarmoursea](https://www.facebook.com/underarmoursea)), and follow on Twitter (@UnderArmourPH).

## Globe Telecom expands global reach through partnership with Orange's Libon app

Globe Telecom's International Business Group continues its efforts to amplify its global footprint and extend its convenient services to Filipinos across the world through its partnership with global telco operator, Orange, to launch the Libon Out "Philippines with Globe" package offer. Through the partnership, Overseas Filipino Workers (OFWs) using the Libon app can now enjoy more affordable call rates plus additional free call minutes to the Philippines.

The Libon app, which was developed by Orange Group, features "Libon Out" calls with rechargeable minutes to make international calls to over 140 destinations around the world.

Filipinos can use the app for free unlimited Libon to Libon HD calls, chats, and voicemail to a variety of international destinations. The "Libon Out" package is priced at only USD 25.99, inclusive of 1,000 minutes of calls or P1.30 per minute rate to any Globe and TM number in the Philippines. This is 67-percent lower compared to other app-to-Globe per minute rate.

From August 26 to September 9, 2015, customers who register to the Libon app will also enjoy free 100 minutes of calls to Globe and TM numbers in



the Philippines to celebrate the partnership. To use the "Philippines with Globe" package, the Libon user must have a data connection to make and receive international calls—the receiving end doesn't need to be connected to the Internet. All calls from the Libon app to any Globe or TM number in the Philippines will connect and provide quality calling services.

To make calls, users must open the Libon app and from the side menu, tap their avatar at the top of the screen, and access their "Libon

Account" details. Customers must then purchase "Libon Out minutes," select the "Philippines with Globe" package and press continue to validate their choice. Billing method must be confirmed and once Google Play or App Store password is inputted, customers will then receive an email regarding confirmation of their purchase. The credits will be automatically added to their Libon account.

You can find more details from [www.Libon.com/Globe](http://www.Libon.com/Globe).

# Art brings healing to indigent children with leukemia

The L.I.F.E. project initiated by Hallmark uses art to help indigent children with leukemia. Artists shared their masterpieces to the children to strengthen them and give joy as they continue their medical treatment. This practice has been going for over two decades after the Filstar Distribution Corporation tied up with Leukemic Indigents Fund Endowment to help the children with their battle both physically and spiritually.

Hallmark for L.I.F.E. products are available at National Book Store and other fine retail stores nationwide. For bulk orders or inquiries, call +632 636-5051 loc 116, 110 or send a message to [fdc@filstar.com.ph](mailto:fdc@filstar.com.ph).



## Lenovo launches Phab Plus in PH; introduces Phab line ambassador for SEA

Keeping pace with the heartbeat of the tech-savvy generation, global technology leader Lenovo has just launched its newest entry in the smartphone market, the Phab Plus. The first from Lenovo's Phab series, this 6.8-inch presents itself as the perfect solution for those who can't choose between a smartphone and a tablet.

Coinciding the launch of the Phab Plus was the introduction of Lenovo Phab line endorser for SEA, Suzy Bae, South Korea's "It" girl, actress, and 1/4 of Kpop girl group Miss A.

"Lenovo is an exciting brand that is popular with the millennials, the generation I belong to. I am truly honored to be associated with Lenovo, a brand known for its cutting-edge innovation that has been helping today's millennials accomplish what matters to them. The Lenovo PHAB Plus is perfect for me to play games, review my videos and catch up on the news while passing time in between movie or television tapings. Moreover, it is both a phone and a tablet, so I don't need to bring multiple devices with me when I travel," Suzy shared.

Setting their sights on conquering the younger segment of mobile device users with the Phab line, Lenovo chose Suzy as she embodies the youth, passion, and zest that appeal to the millennials.



"We are very excited about our collaboration with Suzy. She is an extremely talented artist, has achieved numerous breakthroughs in her career, is passionate about her craft, and is a great inspiration for the millennials. All these attributes mirror what

battery, a 360-degree Voice feature, 1GB of memory, and quad-core processor all in an 8.9mm thin form factor.

The Lenovo PHAB Plus is available exclusively in Allphones stores nationwide for PHP 14,999. Interested consumers can also get a discounted cash-out price of PHP 3,500 on the Lenovo



L-R: Charlotte Koa, 4P manager for tablets, Lenovo Philippines; Carynne Ooi, chief of staff of Dr. Harry Yang; Dr. Harry Yang, VP and general manager, Lenovo Southeast Asia; Suzy Bae, Lenovo PHAB Ambassador, Southeast Asia; Michael Ngan, country general manager, Lenovo Philippines; Blue Avelino, chief operating officer, Allphones; and Geoff Hester, chief executive adviser, Allphones

the PHAB line exemplifies to our target audience," said Michael Ngan, country general manager, Lenovo Philippines.

Consumers can look forward to an entry-level handset sporting a bigger HD screen at 6.98-inches. It will also come with a 4250mAh

PHAB Plus when they opt to subscribe to a Globe myLifestyle Plan 999. The phablet is also available under Globe Tattoo Plan 999 with a PHP 9,000 cash-out.

# At Petron, you can win free gas everyday

## Promo runs until Oct 15

Celebrating its introduction of Euro 4-compliant gasoline products, industry leader Petron Corporation is giving Petron Card holders the chance to win up to PHP 5,000 worth of free gas everyday, from September 15 to October 15, 2015. On the first day of the promo, there were 35,000 lucky winners!

The mechanics are simple. First, you have to be a Petron Card holder, and should be able to present either a Petron Value Card, a Super Driver Card, PMILES-Sweep Card, or a Pag-IBIG Loyalty Card. If you don't have a Petron Card yet, you can easily get one for free at any participating service station.

When you fuel up with any Petron gasoline product—Petron Blaze 100 Euro 4, Petron XCS

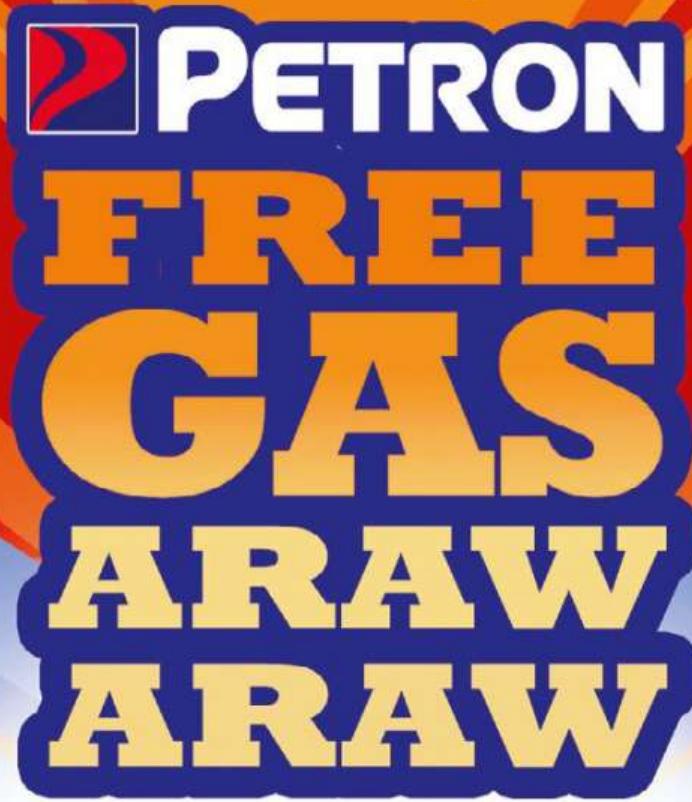
Euro 4, Petron Xtra Advance Euro 4, and Petron Super Xtra Gasoline Euro4—all you have to do is present your Petron Card. Every PHP 100 purchase gives you one chance of winning instant prize points worth PHP 50, PHP 100, PHP 250, and PHP 5,000. If you are an instant prize winner, the points will be automatically loaded to your Petron Card within 48 hours. To check your Petron Card points, download the free Petron mobile app from the Apple Store or Google Play, and register your Petron Card number.

Prize points are non-expiring and may be used to pay for petroleum products at more than 1,700 participating Petron stations nationwide. All Petron Card purchases will also continue

to earn regular points of PHP 1 per PHP 250 fuel purchase. The promo is valid for gasoline purchases of P 100 up to PHP 3,000 per day for each Petron Card. For more information, check out the promo posters and print ads.

Petron is the first company to locally produce a full line-up of gasoline variants that meet Euro-4 standards namely: Petron Blaze (RON 100), Petron XCS (RON 95), Petron Xtra Advance (RON 93), and Petron Super Xtra (RON 91). All Petron Euro-4 gasoline products are formulated with world-class additives that ensure engine cleanliness and efficient combustion for optimum engine performance and improved fuel economy.

## Monday, Tuesday, Wednesday...Hanggang Sunday!



**PETRON**  
**FREE**  
**GAS**  
**ARAW**  
**ARAW**



## Puwedeng manalo ng up to P5,000 worth FREE GAS everyday!

**EURO 2**  
STANDARD

**500ppm\***

\*parts per million or .05% Sulfur (max)

**2max**  
Benzene

**EURO 4**  
STANDARD

**50ppm\***

\*parts per million or .005% Sulfur (max)

**1max**  
Benzene

Euro fuel requires significantly low amounts of Sulfur and Benzene.  
The lower the amount of Sulfur the cleaner your engine and emission.



Cleaner Emission

**EURO 2**

**EURO 4 fuel  
is 10x cleaner  
than EURO 2**

BETTER COMBUSTION

**EURO 4**

Market leader Petron Corporation launched the first locally produced Euro 4 Gasoline in the Philippines.

**PETRON EURO 4**

**BLAZE 100**

**XCS 95**

**XTRA 93**

**PETRON SUPER 91**

**DIESEL 91**

**TURBO**

**TRIPLE ACTION FUEL**

• Better Engine Protection • Better Mileage • Better Power

Triple action fuel, gives you

✓ Better savings on fuel consumption ✓ Better savings on maintenance costs

Learn more about Petron Euro 4 Gasoline  
[www.petron.com](http://www.petron.com)

We believe in giving everyone our best.

**Best Day**  
@ **PETRON**

# R7

## Style in a *Flash*

OPPO



R7 Lite



R7 Plus

- Premium Metal Unibody
- 2.5D Arc Edge Screen
- New Flash Shot